30-MINUTE DINNERS EVERYONE WILL CRAVE! p. 23

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

DECEMBER 2012

Easy Holiday Recipes

YOUR JUICIEST TURKEY, *EVER* • SAVORY STUFFING
SCRUMPTIOUS SIDES • HEAVENLY PIES

8 TIPS
How to Eat Better & Love It!
PAGE 46

Great Gifts
Homemade From Your Kitchen

9 Best-Choice Breakfasts

Secret Sauces, Tasty Steaks

It's Grape Season!
Look inside for our Pan-Roasted Grape & Port Sauce with Seared Steak or Grape & Fennel Salad

45 HEALTHY DELICIOUS DISHES
WITH PHOTOS!

Twice-Baked Potatoes + Quick Chicken Parmesan + Pumpkin-Chocolate Torte

U.S. $4.99
12
0 14005 14799 8
DISPLAY UNTIL DEC. 25, 2012

For a Fresh Twist on Holiday Entertaining, Think Fisher.

turkey breast with mushroom and walnuts

harvest salad

3 nut pie

Stand It Up.
Scoop It Up.
Zip It Up.

For these recipes and more,
visit fishernuts.com

Fisher®

©2012 John B. Sanfilippo & Son, Inc.
Fisher® is a registered trademark of John B. Sanfilippo & Son, Inc.

Like us on Facebook®

contents

December 2012 Volume XI, Number 6

departments

2 **Recipe Index**

4 **From the Editor**
Menus to the Rescue

8 **Contributors & Feedback**

11 **Good Life • Taste • Health**
- Nature's Candy
- Easy Thanksgiving Calorie Burn
- Homemade Gifts
- Eat to Beat the Winter Blues
- Best-Choice Breakfast Cereals
- New Reasons to Drink Tea

Healthy in a Hurry

23 **Weeknights**
Dinner Parties in 30 Minutes

33 **Fresh Picks**
Rooting for Turnips

38 **4 Ways**
Tomatoes All Winter

Test Kitchen

89 **Techniques**
Restaurant-Worthy Steaks and Sauces in Minutes

94 **Tips & Notes**

96 **Nourish**
In Memory's Kitchen
By Monica Bhide

features

46 **Changing Tastes**
Eat better and love it: You can use all 5 senses to learn to love healthy foods. Here's how. **By Holly Pevzner**

American Holidays

52 **A Simple Celebration**
Savor the bounty of the Americas, from juicy turkey and wild rice to cranberries and chocolate, with this easy, delicious Thanksgiving menu. **By Lia Huber**

62 **Amazing Grains**
Transform whole grains into appetizers, sides, desserts and main dishes that will be the talk of all your holiday celebrations. **By Maria Speck**

70 **Sides to Impress *(without the stress)***
These easy vegetable sides are done in no time, but look and taste like you've been working in the kitchen for hours. **By the EatingWell Test Kitchen**

78 **A Slice of Heaven**
Go beyond basic apple or pumpkin this year and try one of these out-of-this-world holiday pies. **By Stacy Fraser**

Sage-Rubbed Roast Turkey with Lemon-Bay Gravy *(page 59)*

Cover photography by: Erica Allen
Food stylist: Katie Webster
Prop stylist: Claudia Venon

This page, photography by: Michael Graydon & Nikole Herriott

Recipe Index

45 festive recipes for easy entertaining, whole-grain sides and delectable desserts, including 12 recipes ready in 30 minutes or less

How We Test Recipes

Each of our recipes is tested in the *Eating Well* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on *eatingwell.com*.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (*see Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons identify recipes that are most appropriate for certain eating goals. A recipe marked...

- ¢ **[Budget Entree]** costs less than $3 per serving.
- ⏱ is ready to eat in 45 minutes or less.
- Gluten-Free (*see note, above*)
- h✕w **[Healthy Weight]** has reduced calories and limited saturated fat.
- h•f **[High Fiber]** provides significant total fiber.
- h♥h **[Healthy Heart]** has limited saturated fat.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit *eatingwell.com/go/guidelines*.

How We Price Recipes

- Costs for ingredients come from safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of fall 2012.

More Great Recipes

For more delicious *EatingWell* recipes, go to **eatingwell.com/recipes**

PAGE		RECIPE	h✕w	h•f	h♥h	CALORIES DV: 2,000	FAT/SAT (g) DV: <65/20	CARBS (g) DV: 300	FIBER (g) DV: 25	SODIUM (mg) DV: <2,400
		SOUPS, SALADS & STARTERS								
72	⏱	Citrus Salad with Olives & Radicchio	•	•		153	11 / 3	12	3	347
34	⏱	Creamy Turnip Soup	•	•	•	110	7 / 2	10	3	659
75	⏱	Grape & Fennel Salad	•	•	•	127	5 / 1	21	3	103
64		Quinoa Cakes with Smoked Salmon				51	3 / 1	4	0	67
		GRAIN SIDES								
67	⏱	Cranberry Cornbread		•	•	268	10 / 2	41	3	295
64		Quinoa Salad with Oranges, Beets & Pomegranate		•	•	305	8 / 1	51	8	449
55		Wild Rice Stuffing with Apple & Sausage		•	•	290	9 / 1	40	5	523
		VEGETABLE & FRUIT SIDES								
75	⏱	Braised Endive	•	•	•	77	5 / 2	7	4	214
58	⏱	Cranberry Sauce with Star Anise	•		•	89	0 / 0	23	2	1
72		Creamed Spinach Casserole	•	•		142	6 / 3	10	3	388
34	⏱	Miso-Butter Braised Turnips	•	•		85	4 / 3	11	4	365
36	⏱	Quick Pickled Turnips	•		•	12	0 / 0	3	1	52
37	⏱	Roasted Turnips & Butternut Squash with Five-Spice Glaze	•	•	•	153	5 / 1	28	5	264
76	⏱	Roasted Vegetable Antipasto	•	•	•	117	8 / 1	10	4	252
56		Savory Corn Pudding	•		•	152	4 / 2	24	2	339
59	⏱	Sweet & Sour Green Beans	•		•	71	3 / 0	12	2	99
76		Twice-Baked Potatoes with Horseradish & Caviar	•		•	142	4 / 2	22	2	240
58	⏱	Two-Toned Mashed Potatoes	•		•	117	3 / 1	21	2	190
		POULTRY								
40	¢ ⏱	Quick Chicken Parmesan	•		•	386	19 / 5	20	4	706
40	¢ ⏱	Quick Chicken Parmesan for Two	•		•	386	19 / 5	20	4	853
59	¢	Sage-Rubbed Roast Turkey with Lemon-Bay Gravy	•		•	181	5 / 1	2	0	202
43	¢ ⏱	Smoked Turkey, Kale & Rice Bake	•		•	266	11 / 5	26	4	605
		MEAT								
26	¢ ⏱	Ancho-Honey Pork Tenderloin with Cheese Grits	•			402	14 / 6	37	1	672
30	⏱	Lamb Chops with Mashed Peas & Mint	•		•	267	12 / 3	13	4	590
92	⏱	Seared Steak with Caramelized Onion & Blue Cheese Sauce	•			262	15 / 5	7	1	306
92	⏱	Seared Steak with Mustard-Mushroom Sauce	•		•	239	12 / 3	4	1	250
92	⏱	Seared Steak with Pan-Roasted Grape & Port Sauce	•		•	246	10 / 3	11	1	217
		FISH & SEAFOOD								
40	⏱	Manhattan Clam Chowder	•	•	•	369	5 / 1	41	5	650
31	⏱	Prosciutto-Wrapped Shrimp with Arugula Salad	•		•	248	15 / 2	4	1	672
31	⏱	Prosciutto-Wrapped Shrimp with Arugula Salad for Two	•		•	248	15 / 2	4	1	672
28	⏱	Salmon with Toasted Israeli Couscous	•		•	413	13 / 2	36	3	368
		VEGETARIAN								
41	¢ ⏱	Butternut Squash & Tomato Posole	•	•	•	335	10 / 1	57	16	688
24	⏱	Chile-Lime Veggie Noodles	•	•	•	343	9 / 2	52	10	587
67	¢	Wild Rice Pilaf with Sweet Potatoes & Brussels Sprouts	•	•	•	334	10 / 1	48	6	609
		DESSERTS								
68		Amaranth Pudding with Amaretto Cream				337	12 / 6	48	2	106
85		Caramelized Pear Custard Pie		•		350	13 / 4	53	5	179
82		Chocolate Cream Pie				309	15 / 6	42	2	199
78		Cranberry Meringue Pie		•	•	268	8 / 2	46	3	100
81		Mini Apple Pies with Cheddar		•		318	15 / 6	43	5	163
61		Pumpkin-Chocolate Torte with Pumpkin Whipped Cream	•	•		194	11 / 5	25	3	97
81		Sweet Potato Pie with Cream Cheese Swirl	•		•	242	7 / 2	40	2	153
		INFUSED VINEGARS *(analysis per tablespoon)*								
16		Chile, Cilantro & Garlic				3	0 / 0	0	0	0
16		Fennel, Orange & Star Anise				3	0 / 0	0	0	0
16		Oregano, Rosemary & Marjoram				3	0 / 0	0	0	0
16		Pearl Onion, Celery & Pickling Spice				3	0 / 0	0	0	0
16		Raspberry-Thyme				3	0 / 0	0	0	0
16		Shallot, Tarragon & Lemon				3	0 / 0	0	0	0

Savory!

Challenged by chicken? Baffled by beef? Exhausted with eggs? Add a bold seasoning statement with all-natural Mrs. Dash®! A tasty blend of 14 herbs and spices, Mrs. Dash® brings surprisingly delicious, salt-free flavor to any dish. **For quick and easy recipes, visit mrsdash.com.**

Apple Pork Chops

Ingredients

- 3 tbsp Mrs. Dash® Original Seasoning Blend
- 4 4-oz pork loin chops
- 2 Granny Smith apples, peeled, seeded and cut into 8 wedges each
- 2 tbsp olive oil

Directions

1. Sprinkle apples and pork chops evenly with Mrs. Dash® Original Seasoning Blend.
2. Heat sauté pan to medium heat. Add 1 tbsp olive oil and cook the apples 3 minutes.
3. Move apples to a plate. Add remaining olive oil to pan and brown pork chops on both sides until cooked through.
4. Return apples to pan on top of chops and cook 3 minutes, turning chops once.

The *salt-free* flavor statement.™

©2012 B&G Foods, Inc.
Mrs. Dash is a Registered Trademark of B&G Foods North America, Inc.

My favorite menu of all is the Thanksgiving meal in "A Simple Celebration." It highlights native ingredients that were available when settlers first arrived. They ate simply but very well!

Menus to the Rescue

As the days grow shorter, I love nothing more than to nestle into an armchair, put a log in the woodstove and start planning meals for the holidays.

But, much as I love thumbing through recipes, I break into a cold sweat thinking about how I am going to get it all done. This issue comes to the rescue: it has every recipe you could possibly need for every occasion, made easy.

Vegetarian cousins show up for a pre-holiday meal? Try Quick Pickled Turnips with a selection of cheese, followed by **Citrus Salad with Olives & Radicchio (1)** and hearty Wild Rice Pilaf with Sweet Potatoes & Brussels Sprouts, then Mini Apple Pies with Cheddar.

1

2

4

3

Christmas dinner? Start with delicate Quinoa Cakes with Smoked Salmon, followed by Seared Steak with Mustard-Mushroom Sauce (that tastes like it came from a fancy restaurant), Twice-Baked Potatoes with Horseradish & Caviar, Creamed Spinach Casserole and finally **Cranberry Meringue Pie (2)** for dessert.

New Year's Eve I don't want to spend all my time in the kitchen, so I'll go for a simple, make-ahead Roasted Vegetable Antipasto, followed by **Salmon with Toasted Israeli Couscous (3),** Grape & Fennel Salad and Pumpkin-Chocolate Torte.

Speaking of dessert, there is no greater gift to guests or family than what I can only call (please forgive me) one of the "Ahhh"-inspiring pies our Test Kitchen manager Stacy Fraser created for "A Slice of Heaven." Easy to make, downright divine to eat.

Perhaps my favorite menu of all is the all-American Thanksgiving meal Lia Huber compiled for "A Simple Celebration." It highlights native ingredients that were available when settlers first arrived in the Americas: corn, cacao, turkey, wild rice and more. Yes, the early settlers lived simply, but after trying Lia's recipe for **Sage-Rubbed Roast Turkey with Lemon-Bay Gravy (4),** all I can say is they must have eaten well. Very well.

Lisa Gosselin, Editorial Director
editor@eatingwell.com

The Checklist

✓**Make Thanksgiving Perfect:** Watch our new Thanksgiving video series with food editor Jessie Price on how to make healthier stuffing and more, at *eatingwell.com/go/videos*

✓**Try Our Most Popular Winter Recipes:** Get our top 50 winter recipes, for Balsamic-Parmesan Roasted Cauliflower and more, at *eatingwell.com/go/winter*

✓**Bake the Best Cookies:** Celebrate the season with our beautiful, prize-winning cookie recipes and tips for baking a healthier cookie, at *eatingwell.com/go/holidaycookies*

✓**Simplify Your Holiday Meals:** Our complete guides for every holiday take the guesswork out of what to serve, with menus and more at *eatingwell.com/go/holidays*

✓**Soothe Stress Naturally:** Keep calm this holiday season with our tips on the best stress-soothing foods and scents at *eatingwell.com/go/stressbusters*

Photography by: Ken Burris (top left & bottom right); Q. Thomas Furgerson (top right)

Ester-C® Effervescent

From the **#1 Selling Vitamin C** Capsule and Tablet Brand^

Natural Orange Flavor

The Advanced 24-Hour Immune Support* of Ester-C® ... And A Whole Lot More!

- 1000 mg of Ester-C® Vitamin C
- B-6 and B-12 To Support Energy Metabolism*
- Vital Electrolytes To Aid In Metabolic Hydration*
- Just Mix Powder With Water

Once A Day Is All You Need!

Look at the box... Compare **Ester-C®** to the leading effervescent brand^ and see for yourself.

	24-Hour Advanced Immune Support*	Vitamin C	7 B Vitamins & Electrolytes	Natural Orange Flavor	Recommended Servings Per Day	How Many Servings In A Box?	What Is My Cost Per Day?
ESTER-C® EFFERVESCENT POWDER	YES	1000 MG PATENTED ESTER-C®	YES	YES	1x	21	$0.86†
LEADING EFFERVESCENT POWDER*	NO	1000 MG OF VITAMIN C	YES	YES	1 - 2x	15 - 30	$.53-$1.05‡

Isn't it time to trust your immune health to Ester-C®, The Better Vitamin C®... How can you afford not to?

AVAILABLE AT HEALTH, NATURAL FOOD AND VITAMIN SPECIALTY STORES.

Ester-C® The Better Vitamin C® Nothing Else Works Like It.

Ester-C® Ester-C® and The Better Vitamin C® are licensed TMs of The Ester C Company, U.S. Pat. Nos. 6,197,813 & 6,878,744.

† Based on $17.99 SRP

‡ Based on $15.82 SRP. Emergen-C® Super Orange; Emergen-C® is a registered trademark of Alacer Corp.

*Based on SPINS data for 52 weeks ending 5/12/2012(dollars)

AMERICAN HEALTH® great health made simple®

1-866-646-8576 • www.AmericanHealthUS.com

© 2012 American Health Inc.

12-AH-1189

Vitamin Shoppe

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

WHERE GOOD TASTE **EatingWell** MEETS GOOD HEALTH

Editorial Director LISA GOSSELIN

Creative Director JAMES VAN FLETEREN
Deputy Editor/Food JESSIE PRICE
Digital Editor/News MICHELLE EDELBAUM
Managing Editor WENDY S. RUOPP

FOOD
Test Kitchen Manager STACY FRASER
Associate Editor HILARY MEYER
Associate Editor MATTHEW THOMPSON
Recipe Developers & Testers CAROLYN CASNER, PATTI COOK

NUTRITION
Nutrition Editor BRIERLEY WRIGHT, M.S., R.D.
Associate Editor/Nutrition KERRI-ANN JENNINGS, M.S., R.D.
Nutrition Consultant JILL CERRETA, M.S., R.D.

ART & PRODUCTION
Manager of Production & Custom Publishing JENNIFER B. BROWN
Assistant Managing Editor ALESIA R. DEPOT
Research Editors ANNE BLISS, NINA CURTISS
Designer AMANDA COYLE
Advertising Operations Manager AMBER LEMBERG
Production Manager PATRICK McGOWAN
Advertising Production Supervisor STEPHANIE SPITZ
Quality Technical Director DAVID WOLVEK

CONTRIBUTORS
Bruce Aidells, Nancy Baggett, Marialisa Calta, Rachael Moeller Gorman, Joyce Hendley, Ben Hewitt, Rowan Jacobsen, Peter Jaret, Carolyn Malcoun, Marie Simmons

NUTRITION & HEALTH ADVISORY BOARD
PHILIP ADES, M.D.
Director, Cardiac Rehabilitation and Preventive Cardiology, University of Vermont College of Medicine
RACHEL K. JOHNSON, PH.D., M.P.H., R.D.
Rickford Green & Gold Professor, Nutrition & Food Sciences, University of Vermont
DAVID L. KATZ, M.D., M.P.H., F.A.C.P.M., F.A.C.P.
Director, Yale University Prevention Research Center
ALICE H. LICHTENSTEIN, D.SC.
Senior Scientist, Director of the Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University
RICHARD MATTES, PH.D., M.P.H., R.D.
Professor of Foods and Nutrition, Purdue University
MIRIAM E. NELSON, PH.D.
Director, John Hancock Center for Physical Activity and Nutrition, Tufts University
MARION NESTLE, PH.D., M.P.H.
Paulette Goddard Professor of Nutrition, Food Studies and Public Health, New York University
BRIAN WANSINK, PH.D.
John S. Dyson Professor of Marketing, College of Agricultural and Life Sciences, Cornell University

MEREDITH WOMEN'S LIFESTYLE GROUP
President THOMAS WITSCHI

EATINGWELL MEDIA
Business Director CHRISTY LIGHT
Advertising Business Manager CHRIS MARCANTONIO
Vermont Office Manager TERRY LYSOGORSKI

EDITORIAL & DIGITAL OFFICES: *6221 Shelburne Rd., Suite 100, Shelburne, VT 05482*
ADVERTISING OFFICES: *805 Third Avenue, 29th Floor, New York, NY 10022*
PR REQUESTS: editor@eatingwell.com; 802-985-4500; fax 802-985-4501
SUBSCRIPTION INFORMATION: Get quick help: *www.eatingwell.com/csmag*
SUBSCRIPTIONS: P.O. Box 37508, Boone, IA 50037-0508; 800-337-0402

OUR SUBSCRIBER LIST is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0205.

TONY CATALANO *Publisher*

ADVERTISING
KEVIN GILLESPIE *Integrated Advertising Director* 603-305-5106
DIANE DE SPIRLET *East Coast Advertising Sales Director* 802-578-4853
ILYSE LINDER *Northeast/New England Account Manager* 212-455-1054
CHIP WOOD *Midwest/Southwest Account Manager* 312-853-2894
DAEMON FILSON *West Coast Account Manager* 541-292-1450
KAREN BARNHART *Detroit Account Manager* 248-205-2571
CORTNEY MARKERT *Direct Media Account Manager* 212-499-6770
GRACE CHUNG *Direct Media Advertising Director*
KRISTEN PARKER *Advertising Sales Assistant*

MARKETING
TERRI SMITH *Group Associate Publisher, Marketing*
KATHARINE ETCHEN *Associate Marketing Director*
ALYSSA PHILLIPS *Design Director*
KIM BERRY *Senior Promotion Manager*

CIRCULATION
TODD BIERLE *Consumer Marketing Director*
DAWN ANGUS *Retail Brand Manager*
CAROLINE BIDDLE MCKENZIE *Direct Retail Sales Manager*

INTERACTIVE & LICENSING
LARRY SOMMERS *GM, Digital Media & Business Development* 802-985-4526

RENÉE LAUBER, M.S. *Licensing, Director of Health & Wellness*
COULSON K. DUERKSEN *Health & Wellness Product Director*
LAURA CARLSMITH *Licensing, Audience Development*
NICCI MICCO, M.S. *Content Director, Custom Publishing & Licensing*
DAVID GRAY *Director of Business Development*
MARY JO REALE *Custom Publishing & Content Licensing*
SOPHIA PICCO *Digital Marketing Project Manager & Licensing Analyst*
PAULA B. JOSLIN *Senior Content Producer*
PENELOPE WALL *Senior Interactive Producer*
SARAH HOFF *Business Development & Licensing Producer*
ERIN MCCORMICK *Managing Producer, EatingWell.com & Digital Licensing*
MATT MALENCZAK *Technical Producer*
ERIC SMITH *Technology Director*
JESSE GUERTIN *Technical Project Manager*
REBECCA GRENIER *Software Developer*

MEREDITH NATIONAL MEDIA GROUP
TOM HARTY *President*

EXECUTIVE VICE PRESIDENTS
RICHARD PORTER *President, Media Sales*
JAMES CARR *President, Better Homes and Gardens*
CAREY WITMER *President, Parents Network*
THOMAS WITSCHI *President, Women's Lifestyle*
GAYLE GOODSON BUTLER *Creative Content Leader*
NANCY WEBER *Chief Marketing Officer*
LIZ SCHIMEL *Chief Digital Officer*
MICHAEL BROWNSTEIN *Chief Revenue Officer*
JEANNINE SHAO COLLINS *Chief Innovation Officer*
MIKE RIGGS *General Manager*
DOUG OLSON *Director, Operations & Business Development*

SENIOR VICE PRESIDENTS
LAUREN WIENER *Meredith Women's Network*
JACK GOLDENBERG *Chief Technology Officer*
ANDY WILSON *Audience Development and Commerce*

VICE PRESIDENTS
JANET DONNELLY *Consumer Marketing*
STEPHANIE CONNOLLY *Corporate Marketing*
BRIAN KIGHTLINGER *Corporate Sales*
PATTI FOLLO *Direct Media*
BRITTA WARE *Research Solutions*
PATRICK TAYLOR *Communications*
MARK PETERSON *Newsstand*

STEPHEN M. LACY *Chairman & Chief Executive Officer*

PAUL KARPOWICZ *President, Meredith Local Media Group*

Audit Bureau of Circulations Member

meredith

VICE CHAIRMAN MELL MEREDITH FRAZIER
IN MEMORIAM E.T. MEREDITH III, 1933-2003

mpa The Association of Magazine Media

PRINTED IN USA

CALIFORNIA WALNUTS

NATURAL DEFENDERS OF THE HUMAN BODY

The harder you live, the more you need powerful, portable California Walnuts. They're rich in the essential plant-based omega-3 fatty acid ALA and a top source of health promoting antioxidants. And walnuts are naturally sodium and cholesterol free. Get the whole story and tasty, nutritious recipes at walnuts.org.

CALIFORNIA Walnuts

WALNUTS.ORG

Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3 fatty acid and 3.68mmol of antioxidants.

American Heart Association CERTIFIED Meets Criteria For Heart Healthy Food

Our Contributors

Erica Allen
Photographer

A graduate of the Brooks Institute of Photography in California, Erica Allen made her mark in fashion photography—shooting the likes of Jennifer Aniston. In this issue, she turns her eye for beauty to humbler subjects: grapes (for our cover), turnips (*page 33*) and festive grain recipes (*page 62*). The Vermonter enjoyed the task. "I love to cook and being healthy is very important to me," she says, "*EatingWell* really suits me."

Lia Huber
Chef/Writer

Chef and writer for publications like *Fitness, Natural Health* and *Prevention*, Lia Huber explored the cornucopia of foods of the New World for our Thanksgiving feature "A Simple Celebration" (*page 52*). Even after the story was completed, while on vacation in Guatemala she found herself intently discussing traditional uses of chocolate with an elderly woman. "I loved being able to jump into a deep conversation because of all I now know about the history of chocolate," she says.

Maria Speck
Grain Guru

A tricky aspect of writing for food magazines is that sometimes you must design recipes when they're most out of season. But Maria Speck, writer and award-winning cookbook author of *Ancient Grains for Modern Meals*, relished the challenge. She tells us she loved "hunting down the last pomegranate in May" for a recipe in her story "Amazing Grains" (*page 62*).

Feedback

Lunch Savings

Lots of good things in your last issue. The Good list (*page 20*) of savings on lunch from various home-prepared alternatives (and the items which could be afforded if those savings were made) was great. Money is often a great motivator, and I used to use the same technique when I was trying to persuade my patients to stop smoking. A tip: Put the money in a glass jar so you can see it add up. —*E.D.M. Landman, M.D.*

Sweet Truths

Thanks for your "Solving the Sugar Puzzle" article about sugar and fructose. I appreciate your attempt to avoid hype and hysteria. I have been a reader of your magazine since the mid-'90s, and I'm grateful for all the delicious food that you've taught me to make. Now it's my turn to share something with you: not all brown sugar is made by adding molasses back to white sugar. A British sugar maker called Billington's makes unrefined sugar, made by crystallizing the cane juice. I discovered it when I lived in the U.K., and now use nothing else.

—*Emily Jewell*

After reading your sugar article "Solving the Sugar Puzzle," I'm more confused. You said fructose might be comparatively bad in large quantities, since the liver turns it into building blocks for bad fats. But then in the sweetener chart, agave nectar (90% fructose) was listed as "best for" smoothies and iced drinks. The next box even tells us how to bake with agave nectar by the cup.

—*Doug Anderson, Littleton, CO*

Eds. reply: *The key is* "in large quantities." *A cup of tea or a cookie sweetened with agave would be a "small" amount.*

As someone who cut refined and starchy carbs out of her diet a couple of years ago I am firmly convinced that sugar is a huge problem in our diets. I lost almost 30 pounds in a year cutting sugar, bread, pasta, rice and potatoes from my diet. I eat meat, fish, chicken, tofu, nuts and fruits and vegetables and some dairy (small amounts of milk and cheese). Water, coffee, tea and wine to drink. That's it. I eat well and abundantly and it is wildly easy. My cholesterol, triglycerides, etc. are just fine.

—*Cynthia Williamson, Burlington, ON*

Stuck in a Rut?

I'm kind of stuck in a rut. I have three crazy kids and a great wife and with our schedules, it is really tough for me to eat healthy and I'm starting to get pudgy. I simply can't be treating my body like an amusement park any longer! Hopefully, you'll have some advice for me.

—*Nathan Schank*

Eds. reply: *Might we suggest* The EatingWell Diet *cookbook? Find it at* eatingwell.com/shop

Tip from a Facebook friend: *I have three little ones in my care and have discovered that if I mix in an equal amount of instant oatmeal to complete pancake mix they don't even notice the difference. The result is a tasty, more healthy pancake.* —Robin Davis

Most popular on Pinterest?

Chicken Potpie with Biscuits from our September/October story "Make-Ahead Magic."

Find us online at these sites:

twitter Find us on Facebook Pinterest

Photography by: Courtesy Erica Allen (top left); Nicki Wolfe (middle); Nika Boyce (bottom left); Peter Ardito (bottom right)

Nature's purest ingredients—like whole grains, chia seeds, quinoa, corn, potatoes and expeller-pressed sunflower oil—inspired us to create an array of unique, all-natural snacks. Visit us at eatsmartnaturals.com.

Some eatsmart naturals are

RAINBOW LIGHT®

Enzymes

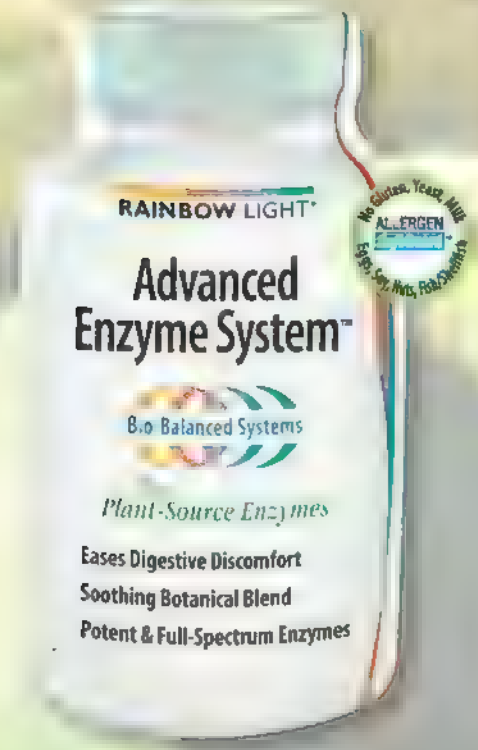
Broad-spectrum plant-source enzymes, such as amalyase and protease, start working immediately to support the digestion of proteins, fats and complex carbohydrates.*

Balance

Complete with whole foods and botanicals, including soothing peppermint and ginger, that work together with the enzymes to promote a natural breakdown of foods.*

Digestion

Promotes rapid relief from occasional indigestion, gas, bloating and constipation.*



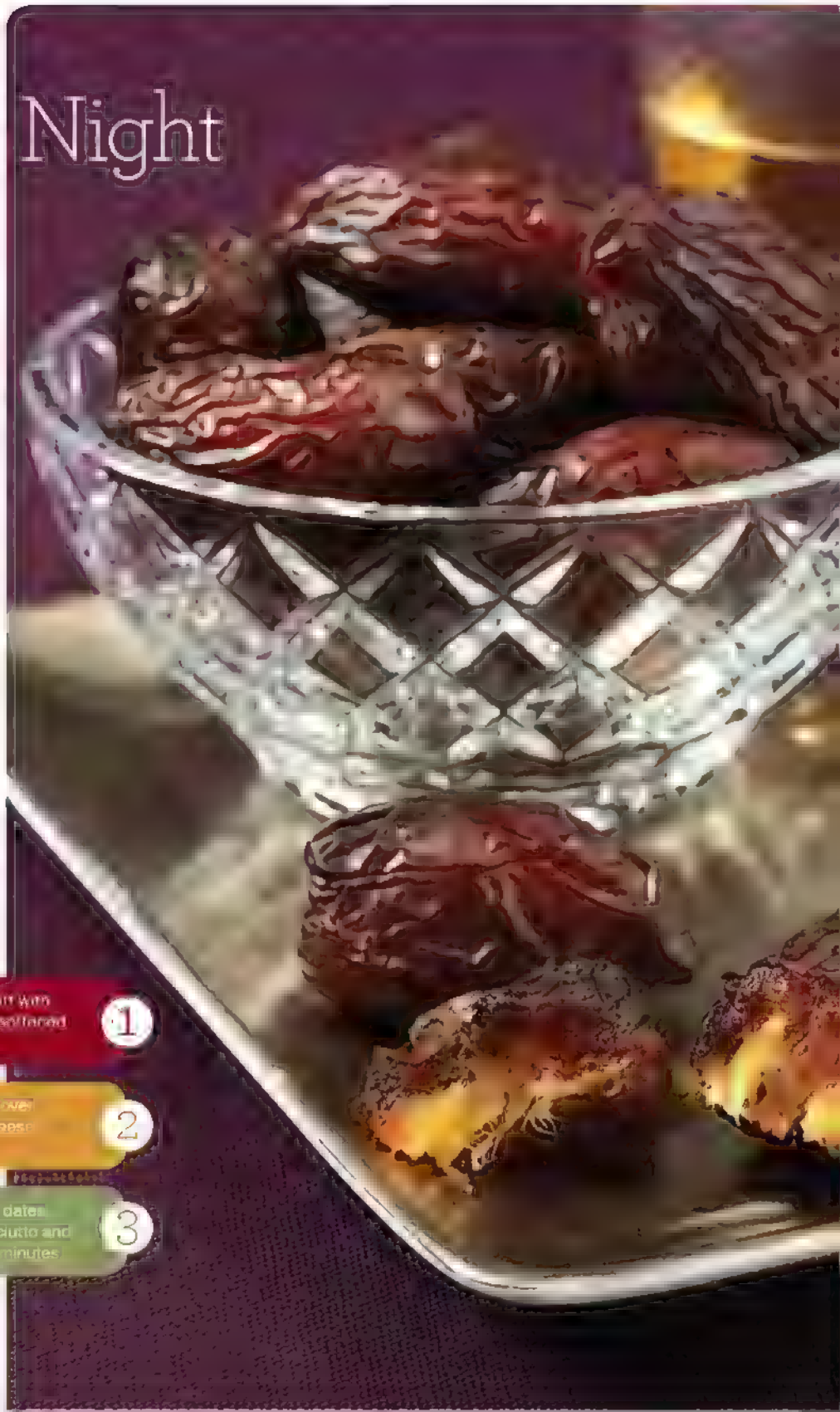
For a Difference You Can Feel!

© 2012 Rainbow Light Nutritional Systems®
800 571 4701 • www.rainbowlight.com

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Date Night

Bite into a freshly plucked date and you'll experience a burst of warm caramel flavor and a dense, chewy texture that's a perfect taste of place. Right now in the deserts of southern California and Arizona, the date harvest is in full swing. Workers shimmy up palm trees and shake the fronds, letting the sun-ripened dates drop into wire baskets. Dates ripen and dry on the tree; the hot sun crystalizes the dates' natural sugars, making them the only "fresh" dried fruit. But nature's candy also has a health kick—dates are bursting with antioxidants and are a good source of fiber and potassium. Soft, sweet Medjool dates are best eaten out of hand (mind your portions—one Medjool date has 60 calories), but the firmer Deglet Noor are a good choice for chopping up to sweeten oatmeal or top a salad. Keep dates in an airtight container in the refrigerator for up to 6 months.
—Kerri-Ann Jennings, M.S., R.D.


COOL DATES
Remove the pits, stuff with parmesan ricotta or softened goat cheese
1
Scatter diced dates over salad with blue cheese and pecans
2
Wrap pitted Medjool dates with ribbons of prosciutto and bake at 400°F for 12 minutes
3

Photography by Bryan McCay Food stylist Susan Vajrant Prop stylist Megan Hedgpeth

This herb and "healthy ion" Wik Cell she is the only packag ng these cheese bal s need.

The Menu for the Future

In the past year, b ologists, food scientists and entrepreneurs have been working hard to envision the future of food sustainabi ity. Here are 3 innovations that could transform the way we eat for the better. *—Nora Doyle-Burr*

Eat Your Yogurt Container

Like the sk n of a grape or shel of an egg, WikiCell natura wrappings are either edi- b e or biodegradable—think Greek yogurt wrapped n a strawberry husk or gazpacho balls w th a tomato-like skin. By creating a compostable packaging product, WikiCel Designs hopes to bring about the "end of the plastic era in food packaging."

POSSIBLE IMPACT According to the Environmenta Protection Agency, the United States produced 31 mil on tons of plastic waste in 2010.

NOW Now, Spheres of ice cream coated in a shell of nonmelting chocolate packag ng can already be purchased in Paris

I Can't Believe It's Not Chicken

"Vegetarian" meats have borne only a passing resemblance to the real dea , unt l now. Using a proprietary technique, Beyond Meat (backed by Twitter co-founders Evan Williams and Biz Stone, among others) is producing a soy-based faux meat that mimics the texture, flavor and appearance of chicken so closely that it fooled top food writers.

POSSIBLE IMPACT An estimated 51% of globa greenhouse gas emissions comes from livestock (per a 2006 report of the U.N.'s Food and Agriculture Organization), so switching to plant-based proteins could slash our national carbon footprint.

SOON Soon. The product is being rolled out in se ect Whole Foods and wi l be available in 2013

The Deep Green Sea

As a source of protein and omega-3s, algae is a popular nutritional supplement, but now researchers at Cornell University are hoping to develop ways to use it for animal feed. They have found that it has an "extremely bright future" as a poss ble replacement for up to one-third of the soy in today's anima feed, according to researcher Ricardo Ekmay, Ph D.

POSSIBLE IMPACT The U.N.'s FAO reports that approximately one-third of the world's arable land is dedicated to animal feed production. Since algae grows in saltwater, it has the potential to free up acreage for crops that feed humans directly

EXPECT IT This is still in early testing, so its impact is years away.

Burn What You Bake

Burn up to 700 calories by turning your Thanksg ving prep into a pre-celebrat on workout

To complement the healthier turkey day menu we crafted for this ssue (*page 52*), we've sed the Mayo C n c s research on working metabo ic rates to est - mat how many calories you cou d burn prepping a Thanksgiving feast. *—Bridget Soper*

EatingWell Recipes	Compared to Traditional		Calories
Sage-Rubbed Roast Turkey with Lemon Bay Gravy (161)	Classic br ned turkey with cider gravy (237)	45 minutes of seasoning and prepp ng the bird as well as st r ng and wh sking the gravy	122
Savory Corn Pudding (152)	Corn pudd ng (491	30 m nutes of chopping, wh sking and mixing	81
Two Toned Mashed Potatoes (117)	Classic mashed potatoes (376)	20 minutes of peeling cutting and mashing po atoes	54
Sweet & Sour Green Beans (71)	Green bean casserole (330)	20 m nutes of tr m ng cooking and tossing the beans and sauce	54
Wild Rice Stuffing with Apple & Sausage (290)	Sausage & mushroom stuffing (665)	75 minutes of chopping fruits and vegetables, toasting bread sautéing sausage and m xing	203
Cranberry Sauce with Star Anise (89)	Classic cranberry sauce (95)	20 minutes of prepping ngred ents and stirring	54
Pumpkin Chocolate Torte with Pumpkin Whipped Cream (194)	Pumpkin pie with whipped cream (604)	50 m nutes of measuring ngred ents, me t ng chocolate and mixing	135
Totals: 1,074 calories	**2,798 calories**	**4 hours 20 minutes**	**703**

Best & Worst Thanksgiving Options
Compare each part of your mea at **eatingwell.com/go/choices**

Photography Courtesy of WikiCell Designs Inc. (top). Illustrations by Daniel Gurdera

NEW

REMOVE THE GRUNGE

FRESHEN YOUR SPONGE

Cleans dishes and freshens sponges.

©2012 Colgate-Palmolive Company. All rights reserved

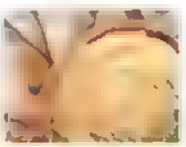
A Recipe for Hope

As a pediatrician, Mark Manary knows that peanut butter is high in protein and packed with heart-healthy monounsaturated fats. So when he decided to create a low-cost, nutrient packed food to offer starving children in Africa, peanut butter was a natural choice to use as its base. The resulting initiative—dubbed Project Peanut Butter and incorporated as a nonprofit in 2004—has been a huge success, making food that has fed more than 1 million severely malnourished infants and toddlers. Now, thanks to a new grant and re-jiggered formula, Dr. Manary is opening a new front in the fight against hunger: feeding babies before they're born.

Despite years of experience working against hunger, Dr. Manary was surprised to learn that 15 percent of expectant mothers in Malawi are malnourished, contributing to the third-highest maternal mortality rate in the world and myriad health problems for mothers and babies who survive. By creating a peanut-based food with a nutritional mix perfect for mothers-to-be (high in calcium and healthy fats), Dr. Manary hopes to change that. "Here are two people—mother and baby—we can help with the same intervention. It's a puzzle piece that fits pretty exactly," he says. Since traditional treatments for malnutrition must be made to order in hospitals—which are often far from affected areas—this creation has an added virtue, too: it can be served in the field. Dr. Manary estimates that over 2 million children and mothers could be fed by 2015. *Charlene Oldham*

Serious Sesame

If the only time you eat sesame seeds is sprinkled atop a bagel or sushi roll, you may be seriously missing out. Sure, they're tiny, but the nutty-tasting seeds are packed with heart-healthy plant compounds called phytosterols, and just 2 tablespoons provide 16 percent of the daily value of bone-forming magnesium. But sesame does even more than that. Read on for four delicious ways to make sesame a go-to ingredient in your kitchen. *—Jessica Girdwain*



Tahini

You may only know tahini for adding a toasty flavor to hummus, but it deserves star billing. Two tablespoons contain 6 grams of protein and 12 percent of your daily value of calcium. Try it in a zesty salad dressing: Combine 2 T. tahini, 3 T. lemon juice, 1 T. water, ½ t. salt and 1 small clove garlic.

Sesame Oil

Consuming the oil daily for two months could improve the function of veins and arteries, per a new study in the *European Journal of Preventive Cardiology*. Why? It's rich in two antioxidants, sesamin and sesamol. These compounds may enhance production of nitric oxide, which helps dilate blood vessels and keep them pliable. Sesame oil breaks down when exposed to high heat, so add at the end of cooking or use in cold dressings and sauces.

Black Sesame

These seeds get their striking black hue from anthocyanins, a type of phytochemical. And that's a good thing: people who eat more anthocyanin-rich foods (including blueberries and black beans) are 15 percent less likely to be diagnosed with diabetes, according to a 2012 study by Harvard researchers. Give salmon a cool look and some crunch by coating it with the seeds, then pan-searing in a little olive oil.

Gomasio

You can find gomasio, a seasoning made of ground roasted sesame seeds with a touch of salt, at well-stocked supermarkets (or *edenfoods.com*). Salty, with a hint of nuttiness, one teaspoon of gomasio contains less than half the sodium of low-sodium soy sauce, making it a great way to save on sodium and still add flavor to foods. Sprinkle on steamed green beans or use it to jazz up plain brown rice.

Little Seeds, Big Nutrition
Learn about the health benefits of flax, chia and hemp seeds at **eatingwell.com/go/seeds**

Photography by Bryan McCay (top), Shutterstock (center), Paul Filipkowski (bottom)

We've got lots of tasty ways to make eating right downright tempting.

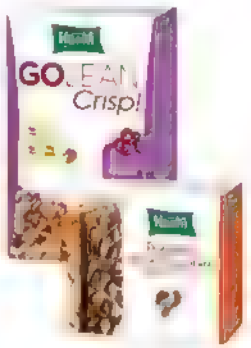
rich dark chocolate

crunchy, roasted peanuts

sweet, toasty oats

golden wildflower honey

From layered granola bars to crispy cereals, at Kashi we use tasty ingredients people love. Because food is only good for you if it gets eaten



Kashi

7 whole grains on a mission™

Gifts Infused with Love

What do you get when you combine vinegar, a few easy-to-find ingredients and a dash of ingenuity? Infused vinegars that will add panache to salads, steamed veggies, soups and sauces. Better yet, since they allow you to flavor dishes without resorting to salt or fat, they help you cook healthier meals too. They're the perfect homemade, natural gift for all the cooks in your life.

How to Make Infused Vinegar:

1. Thoroughly rinse flavorings (*see below*) and divide among 3 sterilized 2-cup canning jars. (*See page 94 for how to sterilize jars.*) Heat **6 cups vinegar** in a large saucepan to a bare simmer. Carefully divide the vinegar among the prepared jars, leaving about ¼ inch of space at the top. Screw lids on. Store in a cool, dark place for 3 to 4 weeks.

2. Strain vinegar through cheesecloth into another container. Repeat as needed until clear. Discard solids and pour the strained vinegar back into rinsed jars or into sterilized decorative bottles. Decorate with a few well-rinsed fresh flavorings. Refrigerate for up to 1 year. **Makes 6 cups.**

6 Flavor Combos to Try:

Oregano, Rosemary & Marjoram
Distilled white vinegar
9 sprigs fresh oregano
9 sprigs fresh rosemary
9 sprigs fresh marjoram

Shallot, Tarragon & Lemon
Cider vinegar
3 shallots, peeled and quartered
6 strips of lemon zest
12 sprigs fresh tarragon

Chile, Cilantro & Garlic
Distilled white vinegar
6 cloves garlic, halved
3 small hot chile peppers, halved
12 sprigs cilantro

Raspberry Thyme
White-wine vinegar
3 cups fresh raspberries
12 sprigs fresh thyme

Fennel, Orange & Star Anise
Distilled white vinegar
9 fennel fronds
3 strips of orange zest
9 whole star anise

Pearl Onion, Celery & Pickling Spice
Cider vinegar
3 small stalks celery
9 pearl onions, peeled and halved
3 teaspoons pickling spice

Love These Bottles? Find out where to get them and print out free gift tags to adorn your own, at eatingwell.com/go/gifttags

Photography by Carin Krasner. Food stylist: Karen Gillingham. Prop stylist: Jennifer Barguirena.

For serious odor control, it's a natural.

New, improved Swheat Scoop® Litter naturally eliminates litter box odors even better. Plus, it clumps faster and firmer than ever for easier cleanups. See for yourself why cat owners are praising this chemical-free, biodegradable litter.

The difference is wheat.™

Available in Original, Multi-Cat and Lightly Scented varieties.

www.swheatscoop.com

"Swheat Scoop" is a Reg. TM and "The difference is wheat" is a TM of Pet Care Systems

©2012 PCS All Rights Reserved. Made in the USA.

MANUFACTURER'S COUPON - EXPIRES 12/31/13

SAVE $3.00 on any size EW

Swheat Scoop®
Natural Clumping Litter

Available at Petco, PetSmart, Target and fine grocery, neighborhood pet and natural food stores.

0787748-010067

5 87748 00087 0

NO DOUBLING. Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item purchased. This coupon good only on product size and variety indicated. RETAILER: Pet Care Systems will reimburse you for the face value plus $0.08 handling. If submitted in compliance with Pet Care Systems Coupon Redemption Policy data 5/01 available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to Pet Care Systems, P.O. Box 860286, El Paso, TX 88586-0286. Cash value 1/20¢.

Healthy Cereals 101

How to pick the healthiest breakfast cereal

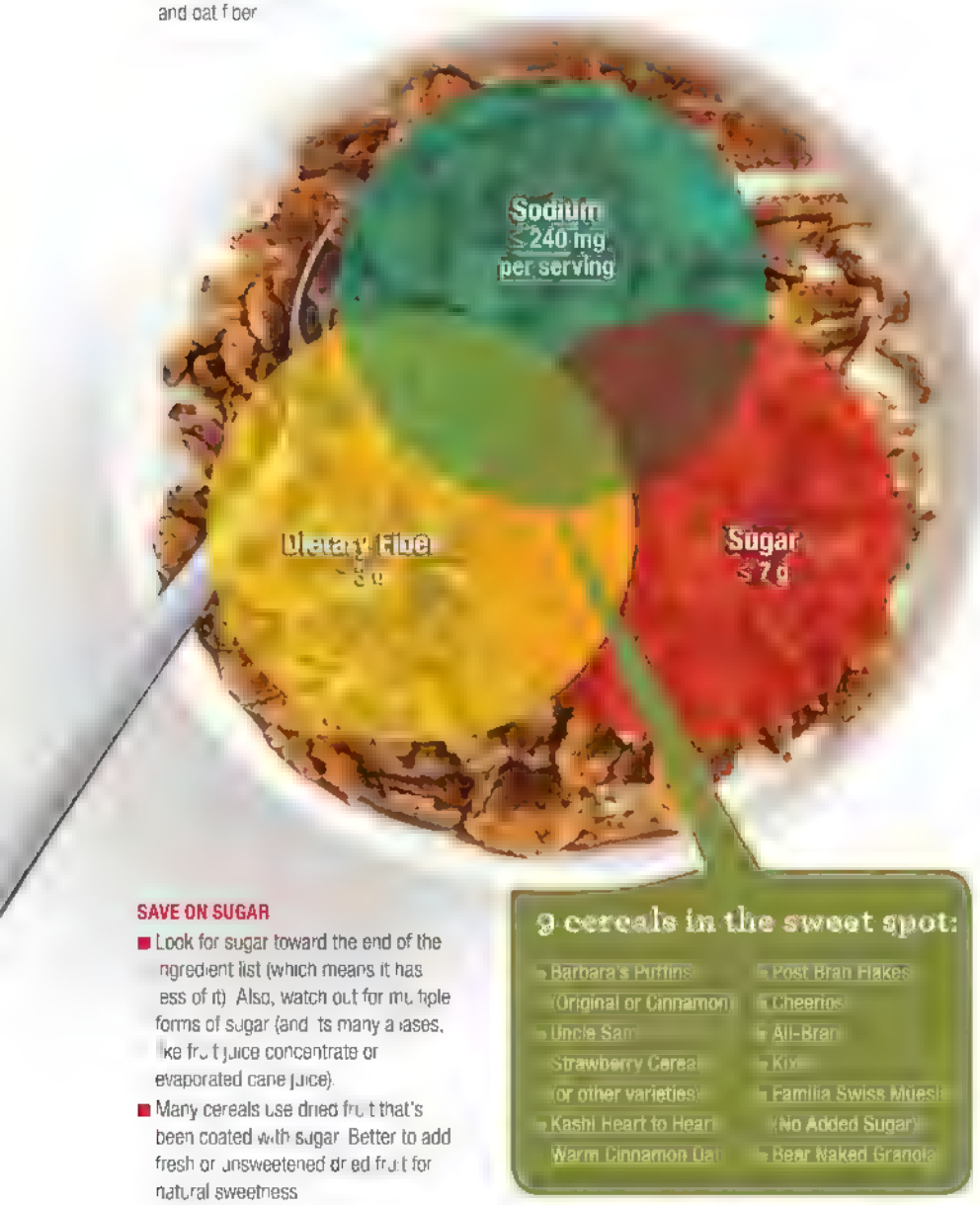
With more than 100 kinds of cereal in many grocery store aisles, choosing a healthy box can be like searching for a needle in a haystack. In order to spare your sanity and to help you make a healthy choice, we've done the work for you. We've outlined the key nutrition criteria you should pay attention to, based on the big three—sugar, salt and fiber.

FIBER

- Aim to get fiber from whole grains—they should be listed as the first ingredient. Many cereals bump up fiber content with functional fibers (isolated, nondigestible carbohydrates), like inulin and oat fiber.

LIMIT SODIUM

- Some cereals are so low in calories you may be tempted to eat more. But if you double your portion, your breakfast can easily eat up a quarter of your daily allotment of sodium since many cereals hover around 200 mg of sodium per serving and milk adds another 100 mg sodium per cup.

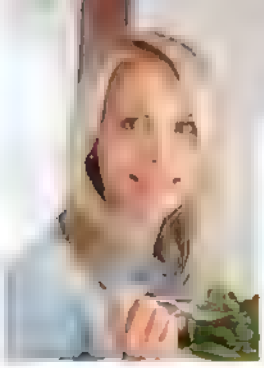


SAVE ON SUGAR

- Look for sugar toward the end of the ingredient list (which means it has less of it). Also, watch out for multiple forms of sugar (and its many aliases, like fruit juice concentrate or evaporated cane juice).
- Many cereals use dried fruit that's been coated with sugar. Better to add fresh or unsweetened dried fruit for natural sweetness.

9 cereals in the sweet spot:

- Barbara's Puffins (Original or Cinnamon)
- Uncle Sam (Strawberry Cereal or other varieties)
- Kashi Heart to Heart Warm Cinnamon Oat
- Post Bran Flakes
- Cheerios
- All-Bran
- Kix
- Familia Swiss Muesli (No Added Sugar)
- Bear Naked Granola



Send your nutrition questions to **Nutrition Editor Brierley Wright, M.S., R.D.,** at *askus@eatingwell.com*

Ask Brierley

Q. Are any foods natural mood boosters?

—Joann H., Seattle, WA

Those winter blues setting in? Try eating like a Spaniard, an Italian or a Greek. In a study of more than 11,000 people—published in March 2012 in the *European Journal of Clinical Nutrition*—those who stuck to a Mediterranean diet scored higher on markers of mental health than their counterparts who ate a more Western diet. How to eat the Mediterranean way? Pack your diet with fruits and vegetables, whole grains, legumes, nuts, fish and a moderate amount of alcohol. **Though researchers couldn't pinpoint what exactly about the diet boosted participants' mental health, they suspect that omega-3 fats (found in oily fish), B vitamins and folate contributed.**

Two other "foods" with some promise are the spice turmeric and green tea. Turmeric contains a polyphenol called curcumin that has been linked to a better mood, according to a 2012 review article in *Nutritional Neuroscience*. In one animal study, curcumin worked as well on stress-induced mood changes as an antidepressant. Similarly there's a polyphenol in green tea—EGCG (epigallocatechin gallate)—that may alleviate stress and depression. People who drank 4 or more cups of green tea daily, in an *American Journal of Clinical Nutrition* study, were 44 percent less likely to have depressive symptoms than those who drank just 1 cup a day (2 to 3 cups was also beneficial). **Bottom Line:** Don't disregard the old-school advice to exercise and stay social. But food matters too.

Need a Lift?
Find out 5 more foods to boost your mood at **eatingwell.com/go/mood**

Photography by: Ken Burris (top); Ryan McCay (center).

Empowering you to reach for your goals

We all want to be healthy. But making it happen can feel like heavy lifting. That's why we offer health plans designed to make it easier for you to achieve a balanced lifestyle. With the support of a broad network, innovative online tools and an array of health and wellness resources, our goal is to help you focus on what really matters: getting a little healthier every day.
To learn more, visit uhctogether.com/power.

UnitedHealthcare Insurance Company

UnitedHealthcare®

©2012 United HealthCare Services, Inc.
Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health plan coverage provided by or through a UnitedHealthcare company.
UHCEW602856-000

Put the Kettle On

Green tea [illegible] linked to a lower risk of cancer [illegible] long been used to so[illegible] e not the only brews with a [illegible] upsid[illegible]
—*Lisa D'Agrosa, R.D.*

TEA TIME

Black (fully fermented), oolong (partially fermented) and green (unfermented) teas all come from the same plant, Camellia sinensis. Green has the most antioxidants, followed by oolong and black.

MILKY WAYS

Although some studies have suggested adding milk to tea undoes its heart-healthy benefits, recent research says that's not necessarily the case. roughly the same amount of catechins were absorbed from milk-tinged tea as from plain black tea, according to a study published in the Journal of Agricultural and Food Chemistry.

Black Tea

People who drank 20 ounces of plain black tea daily over 15 weeks improved markers of heart health and decreased their fasting blood glucose, lowering their risk of type 2 diabetes, according to a study published in *Preventive Medicine* in May 2012. Researchers think the catechins in black tea help keep your heart healthy by lowering triglycerides (fatty compounds found in your blood) and arming your body with antioxidants (which fight cell-damaging free radicals). With more caffeine than other teas, black tea may also help keep you on your toes. In another study, people given a cup of black tea were more focused and accurate at detailed tasks.

Passionflower Tea

Losing sleep during the hectic holiday season? Passionflower tea may help. A study published in the August 2011 issue of *Phytotherapy Research* found people who drank a cup of passionflower tea about an hour before bed reported a better night's sleep than those who drank a placebo beverage

Oolong Tea

Drinking just 1 to 2 cups of oolong daily was linked to a lower stroke risk compared to nontea drinkers (it took more than 6 cups of green tea to see the same protective effects). And even just ½ cup per day may lower your risk of high blood pressure, reported a review study in the August 2011 issue of *Pharmacological Research.*

Rooibos Tea

Made from the leaves of the rooibos bush, this red-colored herbal tea may be a heart protector. People at risk of developing heart disease (read: high cholesterol, blood pressure and/or body mass index) significantly lowered their triglycerides and "bad" LDL cholesterol and raised their "good" HDL cholesterol by drinking 6 cups of the tea daily over six weeks, says research published in the *Journal of Ethnopharmacology*

Photography by Alice Gao

SHAKE UP YOUR ROUTINE.

Introducing Delicious Optimal Solutions® Complete Protein & Vitamin Shake Mix.

Shake things up with the luscious, nutrient rich shakes that are anything but routine. Optimal Solutions® Complete Protein & Vitamin Shake Mix is packed with protein and fiber, plus essential vitamins, antioxidants, electrolytes, prebiotics and probiotics—important for your body.* Designed by women, for women, for optimal health.*

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

Discover the optimal solution to fit your needs.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

^Per serving

www.naturesbounty.com/optimalsolutions

© 2012 Nature's Bounty, Inc.

The flour that will

CHANGE YOUR MIND ABOUT FLOUR

If you want breads that rise higher, cakes that are moister and pie crusts that are flakier, then the brand of flour you choose definitely matters.

Start at the Heart

Only the innermost heart of the wheat berry makes it into our all-purpose flour, leaving the lightest color and richest, gluten-producing protein.

Grown in the United States

We use only wheat grown by American farmers. Meet some who are as picky as we are in our online videos.

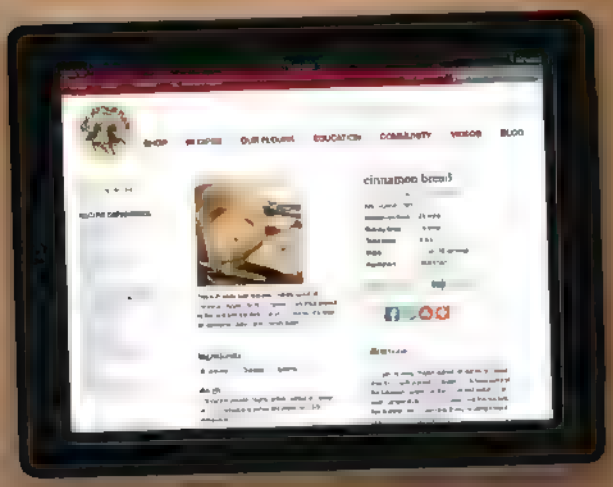
Consistently Delicious Baking

No surprises with our flour because the quality and consistency of the protein are always just right.

We're dedicated to the PURE JOY of BAKING!®

Read our blogs, start a discussion and find tested recipes on our website.

KingArthurFlour.com
recipes, baking tips and more



100% EMPLOYEE OWNED. COMMITTED TO QUALITY.

healthy in a hurry

weeknights / 24
Party in 30 Minutes

fresh picks / 33
Fall in Love with Turnips

4 ways / 38
Tomatoes All Winter

fast & easy friday
Prosciutto-Wrapped Shrimp with Arugula Salad

Photography by Peter Ardito

Great ideas for meals in minutes

5min 10min 15min 20min 30min 35min 40min 45min

meatless monday

tuesday

wednesday

thursday

friday

Chile-Lime Veggie Noodles

Makes: 5 servings, about 2 cups each
Active time: 30 minutes **Total:** 30 minutes
Equipment: 14-inch flat-bottom wok
Cost per serving: under $3.50

We love the bright flavor that lime and chile-garlic sauce give to this quick and easy stir-fry. Multicolored peppers make it festive, while the addition of eggs makes it a satisfying vegetarian supper.
serve with: A glass of Riesling and mango sorbet for dessert

- **8 ounces whole-wheat spaghetti *or* lo mein noodles**
- **½ cup dry sherry**
- **1 teaspoon freshly grated lime zest**
- **2 tablespoons lime juice**
- **3 tablespoons reduced-sodium soy sauce**
- **2 tablespoons chile-garlic sauce, or to taste**
- **1 tablespoon light brown sugar**
- **1 teaspoon canola oil plus 1 tablespoon, divided**
- **4 large eggs, beaten**
- **3 cups sliced shiitake mushroom caps**
- **2 red, orange *or* yellow bell peppers, sliced**
- **6 cups thinly sliced green cabbage**
- **1 bunch scallions, sliced, divided**

Food stylist: Kate Webster Assistant: Carolyn Casner Prop stylist: Tarla Kratt

Party in 30 Minutes

Five quick and simple dinners for easy entertaining

There are party planners—and there are *un*planning partyers. I'm in the second group: I may not do much planning, but I am always ready for a party. Best is when friends stop by for a quick visit at the end of a gray day and before you know it there's wine and music and, in just 30 minutes (thanks to these easy, party-worthy recipes) there's dinner for everyone. That's (stealth) entertainment.

Who knew when we got that good deal on pork tenderloin that we'd be dressing it up for tonight's flash party? We'll brown it on the stovetop then tuck it into the oven, glistening with ancho-honey glaze, and make comforting cheesy grits while it roasts. Or, when there are extra mouths to feed loitering around the kitchen, we can quickly defrost some jumbo shrimp and put idle hands to work wrapping the curvaceous sea beauties with ribbons of prosciutto for a pretty, "looks fancy but is really easy" supper that's ready in half an hour.

Make any of these 30-minute suppers and the party practically gives itself. Just the way you'd don't plan it. **—Wendy Ruopp**

RESIDUE

BAKED WITH MARGARINE

RESIDON'T

BAKED WITH NEW PAM

Using margarine or bargain brand cooking spray can leave residue behind after just one use. You don't get that with new PAM®. It leaves up to 99% less residue,* so you spend less time cleaning and more time doing the things you want to do.

NEW PAM HELPS YOU PULL IT OFF*

1. Cook spaghetti (or noodles) according to package directions. Drain.
2. Combine sherry, lime zest and juice, soy sauce, chile-garlic sauce and brown sugar in a small bowl. Set aside.
3. Heat a 14-inch flat-bottom wok over high heat. Add 1 teaspoon oil and swirl to coat the pan. Add eggs and tilt wok to create an omelet. Cook until set, 30 seconds to 1 minute. Turn the omelet over and cook 30 seconds more. Remove to a clean cutting board and cut into strips.
4. Add the remaining 1 tablespoon oil, mushrooms and bell peppers to the wok; stir-fry for 2 minutes. Add cabbage. Reserve about 2 tablespoons of the scallions for garnish and add the rest to the wok. Stir-fry until all the vegetables are tender-crisp, about 2 minutes more. Add the chile-lime sauce and the noodles; toss to coat. Add the omelet strips and stir-fry until heated through, 1 to 2 minutes more. Serve sprinkled with the reserved scallions.

Per serving: 343 calories; 9 g fat (2 g sat, 4 g mono); 149 mg cholesterol; 52 g carbohydrate; 3 g added sugars; 15 g protein; 10 g fiber; 587 mg sodium; 616 mg potassium. **Nutrition bonus:** Vitamin C (162% daily value), Vitamin A (40% dv), Folate (31% dv), Magnesium (26% dv), Iron (21% dv), Potassium (18% dv), Zinc (16% dv).

Ancho-Honey Pork Tenderloin with Cheese Grits

how

Makes: 4 servings, 3 ounces pork & ½ cup grits each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $3

Ancho chile powder, made from dried poblano peppers, has a mild heat and adds a rich, subtly smoky flavor to pork tenderloin. serve with: Sautéed kale with slivered garlic.

- ¼ cup honey
- 2 teaspoons lime juice
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon ancho chile powder
- ½ teaspoon onion powder, divided
- 1 pork tenderloin (1-1¼ pounds), trimmed
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 14-ounce can reduced-sodium chicken broth
- ½ cup water
- ½ cup quick grits
- ¼ teaspoon freshly ground pepper
- ¾ cup shredded extra-sharp Cheddar cheese
- 2 scallions, sliced

1. Preheat oven to 425°F.
2. Whisk honey, lime juice, soy sauce, chile powder and ¼ teaspoon onion powder in a small bowl. Set aside.
3. Sprinkle pork all over with salt and the remaining ¼ teaspoon onion powder. Heat oil in a large ovenproof skillet over medium-high heat. Add the pork and cook until brown on all sides, 4 to 5 minutes.
4. Transfer the skillet to the oven and roast for 10 minutes. Remove from the oven and brush with the reserved honey mixture. Return to the oven and roast until an instant-read thermometer inserted into the thickest part registers 145°F, 3 to 5 minutes more. Transfer the pork to a clean cutting board and let rest for 5 minutes.
5. Meanwhile, bring broth and water to a boil in a medium saucepan over medium-high heat. Whisk in grits and pepper. Reduce heat to medium-low, cover and cook, stirring occasionally, until thickened, 5 to 7 minutes. Remove from the heat and stir in cheese. Cover to keep warm.
6. Slice the pork. Serve the pork with the grits, sprinkled with scallions and drizzled with any remaining glaze from the skillet.

Per serving: 402 calories; 14 g fat (6 g sat, 6 g mono); 96 mg cholesterol; 37 g carbohydrate; 17 g added sugars; 32 g protein; 1 g fiber; 672 mg sodium; 644 mg potassium. **Nutrition bonus:** Zinc (22% daily value), Potassium (19% dv), Calcium (17% dv).

budget-friendly tuesday
Ancho-Honey Pork Tenderloin with Cheese Grits

20-Minute Meals
You can still make healthy dinner on busy nights with our 20-minute recipes at eatingwell.com/go/20minutes

NEW Special K® Protein cereal has *10g* of protein and 3g of fiber to help you lay the smack down on hunger longer so you can stay on track. *specialk.com/proteineffect*

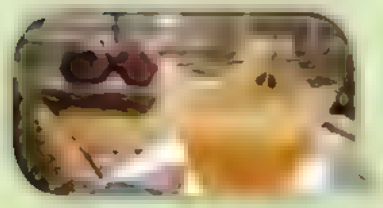
willpower

WHAT WILL YOU *gain* WHEN YOU LOSE?™

PART OF A HIGH PROTEIN DIET

See package nutrition information for details. ®, ™ © 2012 Kellogg NA Co

Pear, any recipe ideas?



Want more?
Go to usapears.org.

USA Pears

one-skillet wednesday
Salmon with Toasted Israeli Couscous

Salmon with Toasted Israeli Couscous

how high

Makes: 4 servings, about 4 ounces salmon & ⅔ cup couscous each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $5.50

You need only one skillet for this meal of wild salmon fillets and Israeli couscous pilaf. For added fiber, look for Israeli couscous made with whole-wheat flour
serve with: Roasted carrots and broccoli with cumin.

- **1 tablespoon extra-virgin olive oil**
- **1 cup Israeli couscous** (*see Tip, page 30*)
- **½ cup finely chopped red bell pepper**
- **⅓ cup unsalted pistachios, coarsely chopped**
- **1 large shallot, chopped**
- **½ teaspoon salt, divided**
- **1½ cups water**
- **1 tablespoon chopped fresh parsley, plus more for garnish**
- **1 tablespoon chopped fresh oregano, plus more for garnish**
- **1¼ pounds wild Alaskan salmon fillet, skinned and cut into 4 portions**
- **¼ teaspoon freshly ground pepper**
- **4 lemon wedges**

1. Heat oil in a large nonstick skillet over medium heat. Add couscous, bell pepper, pistachios, shallot and ¼ teaspoon salt. Cook, stirring frequently, until the couscous is lightly toasted, about 5 minutes. Stir in water. Cover and cook, stirring occasionally, for 5 minutes. Stir in 1 tablespoon each parsley and oregano.
2. Sprinkle salmon with pepper and the remaining ¼ teaspoon salt. Place the salmon on top of the couscous, reduce the heat to medium-low, cover and cook until the salmon is cooked through and the water is absorbed, 5 to 7 minutes
3. Serve garnished with herbs, if desired, and lemon wedges

Hey pear, I never know how to tell when you're ripe. Enlighten me.

If you want me at my most delicious, check my neck. It's right next to my stem. If it feels soft then I'm ripe and ready to eat.

Me, braised with ginger.

mmmm, you're making me hungry.

Want more goodness? Text PEAR to 47170 to see if you're an instant winner of a box of pears.

USA Pears

A most interesting fruit.

For recipes go to usapears.org

Standard messaging and data rates may apply. Offer vaud while supplies last. See usapears.org/TextPear.aspx for terms and conditions.

Per serving: 413 calories; 13 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 36 g carbohydrate; 0 g added sugars; 35 g protein; 3 g fiber; 368 mg sodium; 767 mg potassium. **Nutrition bonus:** Vitamin C (54% daily value), Vitamin A (25% dv), Potassium (22% dv), Magnesium (16% dv).

express-lane thursday
Lamb Chops with Mashed Peas & Mint

Look for Israeli couscous (sometimes called "pearl couscous" because of its larger grain size) near other couscous or pasta in well-stocked supermarkets.

Lamb Chops with Mashed Peas & Mint

how-to

Makes: 4 servings, 2 lamb chops & ⅓ cup peas each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $4.50

Peas and lamb are a natural pairing. To play off the sweetness of the peas, we add fresh mint in a nod to mint jelly.

serve with: Bulgur tossed with chopped scallion greens, a drizzle of olive oil and a splash of lemon juice.

- **4 teaspoons extra-virgin olive oil, divided**
- **3 large cloves garlic, chopped**
- **2 cups frozen peas (12 ounces), thawed**
- **¾ cup water, plus more as needed**
- **¾ teaspoon salt, divided**
- **½ teaspoon freshly ground pepper**
- **8 lamb loin chops (1½-2 pounds total), trimmed**
- **1 tablespoon chopped fresh mint**

1. Preheat oven to 375°F
2. Heat 2 teaspoons oil in a medium saucepan over medium heat. Add garlic and cook, stirring, until fragrant and slightly softened, about 1 minute. Stir in peas, ¾ cup water and ¼ teaspoon salt. Bring to a boil. Reduce heat to medium, cover and cook for 5 minutes. Remove from heat.
3. Sprinkle the remaining ½ teaspoon salt and pepper on both sides of lamb chops. Heat the remaining 2 teaspoons oil in a large, ovenproof, nonstick skillet over medium-high heat. Add the chops and cook until browned on one side, 1½ to 2 minutes. Turn them over and transfer the pan to the oven.
4. Roast until an instant-read thermometer inserted horizontally into a chop registers 135°F for medium-rare, 8 to 12

endangered species Chocolate

Savor chocolate. Save our planet.
Indulge in one of nature's most reliable pleasures while you help save the planet. 10% of net profits donated to support species, habitat and human ty

INDULGE IN A CAUSE.

earn more at
ChocolateBar.com

minutes, depending on thickness
5. Meanwhile, transfer the pea mixture to a blender or food processor. Add mint, pulse until coarsely pureed, adding additional water a tablespoon at a time for desired consistency and scraping down the sides as needed
6. Serve the lamb with the pea puree
Per serving: 267 calories; 12 g fat (3 g sat, 7 g mono); 68 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 26 g protein; 4 g fiber; 590 mg sodium; 419 mg potassium. **Nutrition bonus:** Vitamin A (37% daily value), Vitamin C (27% dv), Zinc (25% dv), Iron (17% dv), Folate (16% dv).

Prosciutto-Wrapped Shrimp with Arugula Salad

How Much
Makes: 4 servings, 4 shrimp & 1½ cups salad each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $4.50

Jumbo shrimp wrapped in thin strips of prosciutto and served on a lemony bed of arugula is a practically effortless dish that's sure to impress your guests. Wrap your shrimp and make the dressing ahead of time, and you'll have dinner on the table even faster. (*Photograph: page 23.*) **serve with:** Toasted whole-wheat baguette sprinkled with Parmesan cheese and a glass of pinot grigio.

- **2 tablespoons plus 4 teaspoons extra-virgin olive oil, divided**
- **2 tablespoons lemon juice**
- **1 medium clove garlic, minced**
- **⅛ teaspoon salt**
- **¼ teaspoon freshly ground pepper, divided**
- **8 cups lightly packed baby arugula (about 5 ounces)**
- **16 raw jumbo shrimp (13-15 per pound; *see Tip, page 94*)**
- **8 very thin slices prosciutto (about 2 ounces), cut in half lengthwise to make 16 strips**

1. Whisk 2 tablespoons oil, lemon juice, garlic, salt and ⅛ teaspoon pepper in a large bowl. Add arugula and toss to coat.
2. Peel and devein shrimp, leaving the tails on. Pat dry and sprinkle both sides with the remaining ⅛ teaspoon pepper. Wrap 1 piece of prosciutto around each shrimp.
3. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half the shrimp and cook, turning once, until just cooked through, about 4 minutes. Reduce the heat to medium, and repeat with the remaining oil and shrimp, 3 to 4 minutes. Serve the shrimp with the arugula salad.
Per serving: 248 calories; 15 g fat (2 g sat, 9 g mono); 190 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 24 g protein; 1 g fiber; 672 mg sodium; 304 mg potassium. **Nutrition bonus:** Vitamin A (22% daily value), Folate (16% dv), Vitamin C (15% dv).

To make Prosciutto-Wrapped Shrimp with Arugula Salad for 2: Halve all the ingredients in the recipe; cook all the shrimp at once in the large skillet.

Grandma got it right!
It's time to put the organic back in our recipes.
Perfectly Spiced Pumpkin Pie
1 teaspoon ground cinnamon
1/4 teaspoon ground cardamom
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/4 teaspoon salt
1/2 cup sugar
1 can (15 ounces) pumpkin puree
1/2 cup maple syrup
1 teaspoon vanilla extract
2 large eggs, lightly beaten
1 cup heavy cream
1 unbaked 8-inch deep-dish pie shell
freshly whipped cream for topping
Preheat oven to 425 degrees. Combine spices and sugar. In a separate bowl, combine pumpkin, maple syrup, and vanilla. Stir in eggs, then spice mixture. Stir in cream. Pour into pie shell and bake for 15 minutes. Turn oven down to 350 degrees and bake until center is set, about 90 minutes. Cool on wire rack. Serve topped with whipped cream. Makes 8 servings.
For great holiday recipes, visit us at www.frontiercoop.com/holiday
FRONTIER
NATURAL PRODUCTS CO-OP
A member-owned cooperative for over 35 years

"What's essential to me is giving her what she needs"

WHAT'S ESSENTIAL™ TO YOU?

At Nordic Naturals, we believe that omega oils are essential to an extraordinary life. That's why we're committed to delivering the world's safest, most effective omega oils, so you can do more of what you love with those you love. What's essential to us is proven purity, leading freshness, and great taste. It's sustainability from boat to bottle, so you can feel as good about your fish oil as you do about your health. What's essential to Nordic Naturals is simple. It's what's essential to you.

Like us on Facebook and share your What's Essential story

NORDIC® NATURALS

Rooting for **Turnips**

Step aside, potatoes: this season, turnips reclaim their rightful spot at the center of the winter table

Turnips have a complex flavor with hints of horseradish and a comforting texture that ranges from crisp to creamy, depending on how you cook them. But they're usually an overlooked piece of the harvest. Less than one-tenth of a percent of U.S. farmland, according to the USDA, is devoted to these tasty tubers. Compare that to a much more popular root vegetable, the potato, which accounts for a whopping 24 percent! It's surprising more people don't embrace turnips, since a cup of them has 100 calories less than the same amount of spuds. Still, while these days turnips might have a low profile, that wasn't always the case. They were one of the biggest staple crops of the ancient world, grown across the Eastern Hemisphere. In fact, Pliny the Elder, author of what is arguably the first encyclopedia ever compiled, considered the turnip the most important vegetable on the planet, raving "Its utility surpasses that of any other plant." Take that, taters!

This winter, get in touch with your roots by enjoying a delicious vegetable that was once essential for civilizations from Rome to Chang'an. Turnip skeptics will melt for our sweet and tender Miso-Butter Braised Turnips, which incorporate the root's peppery leaves to luscious results. Whip up our Quick Pickled Turnips, which add just a whisper of heat to the root's tasty crunch. Or, for a warming side, try our molasses-y Roasted Turnips & Butternut Squash with Five-Spice Glaze. The flavors are intricate and exquisite—the hallmarks of a culinary classic whose return is long overdue. **—Matt Thompson**

Tuber-Charged:

As with fellow members of the Brassica family like broccoli and cabbage, turnips may act against several cancers. Don't miss out on their tasty greens too. They're packed with vitamin A, a nutrient important for bone growth, as well as K, which aids in blood clotting.

Photography by Erica Allen

Miso-Butter Braised Turnips

h*w h*f

Makes: 6 servings, about ¾ cup each
Active time: 45 minutes **Total:** 45 minutes

Slowly braising turnips in savory broth and butter gives them a sweet flavor and velvety texture. The addition of turnip greens (which are sometimes sold separately in bunches) adds a peppery bite. For a mellower flavor, use spinach.

- **6 medium turnips (about 2 pounds) plus 5 cups chopped turnip greens *or* spinach, divided**
- **2 tablespoons butter, divided**
- **¼ teaspoon salt**
- **1 cup reduced-sodium chicken broth, plus more if needed**
- **1 teaspoon sugar**
- **4 teaspoons white miso *(see Tip, above right)***

1. Peel turnips and cut into 1-inch wedges. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add the turnips and salt and cook, stirring occasionally, until browned in spots and beginning to soften, 7 to 9 minutes.
2. Add 1 cup broth and sugar; reduce heat to maintain a simmer. Cook, stirring frequently, until the turnips are tender and the liquid is almost completely evaporated, 15 to 20 minutes. (Add up to ½ cup more broth if the pan is dry before the turnips are tender.)
3. Meanwhile, mash miso with the remaining 1 tablespoon butter in a small bowl until combined.
4. When the turnips are tender, stir in the turnip greens (or spinach), cover and cook, stirring occasionally, until wilted, 2 to 3 minutes. Remove the pan from the heat. Add the miso-butter and gently stir until the turnips are well coated.
Per serving: 85 calories; 4 g fat (3 g sat, 1 g mono); 10 mg cholesterol; 11 g carbohydrate; 1 g added sugars; 2 g protein; 4 g fiber; 365 mg sodium; 367 mg potassium. **Nutrition bonus:** Vitamin A (55% daily value), Vitamin C (44% dv).

Tip White or sweet miso (Shiromiso), made with soy and rice, is yellow and mild in flavor. Look for it near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.

Creamy Turnip Soup

h*w h*f h♥h

Makes: 6 servings, about 1 cup each
Active time: 30 minutes **Total:** 45 minutes

Here, the humble turnip is transformed into a rich soup made creamy with just 1 tablespoon of butter. Serve it as a starter or side soup. The mini salad on top is optional, but we love the bit of texture from the greens and pop of flavor from the vinaigrette.

- **4 medium turnips (about 1½ pounds) plus 1½ cups thinly sliced turnip greens *or* spinach, divided**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon butter**
- **1 medium onion, sliced**
- **½ teaspoon dried rosemary**
- **½ teaspoon salt plus a pinch, divided**
- **¼ teaspoon freshly ground white pepper plus a pinch, divided**
- **4 cups reduced-sodium chicken broth**
- **¼ cup shredded carrot**
- **2 tablespoons thinly sliced scallion greens**
- **2 teaspoons white-wine vinegar**

1. Peel and slice turnips. Heat 1 tablespoon oil and butter in a large saucepan over medium heat. Add onion and cook, stirring, until beginning to brown, about 5 minutes. Add the turnips, rosemary, ½ teaspoon salt and ¼ teaspoon white pepper; stir to combine. Cover and cook, stirring once or twice, for 10 minutes.
2. Add broth, increase heat to high and bring to a boil. Reduce heat to maintain a simmer, cover and cook until the turnips are tender, 10 to 12 minutes more.

3 more ideas for turnips: 1. Shred turnips and serve in a salad with arugula, pomegranate seeds and a sweet-and-sour grapefruit vinaigrette. 2. Sauté turnip wedges in oil and toss with scallions, fish sauce and fresh lime juice. 3. Thinly slice small turnips and top with blue cheese and seared roast beef as a canapé.

Food stylist: Patsy Jamieson. Assistant: Carolyn Casner. Prop stylist: Claudia Vernon.

Righteous Chili

Organic agriculture is society's brightest hope for positive change.

Quinoa & Black Bean Chili

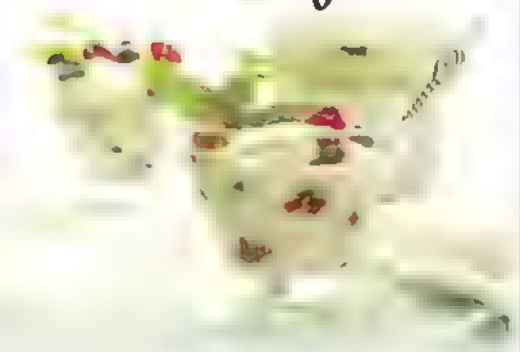
BPA FREE Lining

Over 300 pure and purifying foods and 1100 free recipes

edenfoods.com

· LACTOSE FREE ·
GREEN VALLEY
ORGANICS®

Lactose Free and loving it!



"I buy your yogurt for my hubby & just ate a container of the strawberry yogurt. Oh my, I had NO idea how great it is! Thanks for a terrific product!" —Michelle W.

"THANK YOU! I can now enjoy real yogurt again." —Tyler S

"I am loving the new peach flavor! Thanks so much for your wonderful product!!" —Teresa G.

Discover the uncompromising great taste for yourself.

Join our email list for latest news and deals.
Coupons?
Use promo code EW12 and enjoy a cup on us!

GreenValleyLactoseFree.com

healthy in a hurry fresh picks

3. Meanwhile, toss the turnip greens (or spinach) in a medium bowl with carrot, scallion greens, vinegar, the remaining 1 tablespoon oil and pinch of salt and pepper.
4. Puree the soup in the pan using an immersion blender or transfer to a regular blender and blend until smooth. (Use caution when pureeing hot liquids.) Serve each portion of soup topped with a generous ¼ cup of the salad
Per serving: 110 calories; 7 g fat (2 g sat, 4 g mono); 5 mg cholesterol; 10 g carbohydrate, 0 g added sugars, 4 g protein, 3 g fiber; 659 mg sodium; 401 mg potassium. **Nutrition bonus:** Vitamin C (50% daily value), Vitamin A (49% dv).

Quick Pickled Turnips

how how

Makes: about 2½ cups
Active time: 10 minutes **Total:** 40 minutes
To make ahead: Cover and refrigerate for up to 2 weeks

Perk up your cheese or crudités platter with these crunchy, zesty turnips or try on a sandwich instead of cucumber pickles.

- **3-4 small turnips (about 12 ounces), peeled and very thinly sliced**
- **½ cup quartered and thinly sliced red onion**
- **3 cloves garlic, smashed and peeled**
- **1 cup white-wine vinegar**
- **1 cup hot water**
- **1 tablespoon sugar**
- **10 whole black peppercorns**
- **1 teaspoon salt**
- **¼-½ teaspoon crushed red pepper (optional)**

1. Layer turnips, onion and garlic in a quart jar (or similar 4-cup container) with a lid.
2. Whisk vinegar, hot water, sugar, peppercorns, salt and crushed red pepper (if using) in a medium bowl until the sugar is mostly dissolved. Pour the mixture over the vegetables. Put the lid on and gently shake a few times to distribute the flavorings. Refrigerate for at least 30 minutes for the flavors to develop.
Per ¼-cup serving: 12 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 0 g protein; 1 g fiber; 52 mg sodium; 73 mg potassium.

Shopping Guide:
Select firm, unshriveled turnips with greens attached when possible. Trim greens and refrigerate separately for up to 1 week.

Love Roots?
If you're crazy for root vegetables, check out our recipes at **eatingwell.com/go/roots**

Roasted Turnips & Butternut Squash with Five-Spice Glaze

h✖w h♦f h♥h

Makes: 6 servings, about ¾ cup each
Active time: 15 minutes **Total:** 45 minutes

The combination of sweet molasses and pungent five-spice powder creates the magic in this dish of roasted turnips and squash. Try it with garlic-rubbed roasted chicken or pork. (*Photograph: page 34.*)

- **4 medium turnips (about 1½ pounds), peeled**
- **1 small butternut squash, peeled and seeded**
- **2 tablespoons extra-virgin olive oil**
- **½ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **1 small red onion, halved and sliced**
- **2 tablespoons molasses**
- **1 teaspoon Chinese five-spice powder (see *Tip, below*)**

1. Position racks in upper and lower thirds of oven; preheat to 450°F
2. Slice turnips and squash crosswise into ¾-inch thick slices. Cut each slice into ¾-inch wide strips or "sticks." Toss with oil, salt and pepper in a large bowl until well coated. Divide between 2 large rimmed baking sheets and spread into an even layer. (Set the bowl aside.)
3. Roast the turnips and squash for 10 minutes. Carefully transfer back to the bowl. Gently stir in onion, molasses and five-spice powder to combine. Return the vegetables to the baking sheets; roast, stirring once halfway through and rotating the pans top to bottom and front to back, until tender, 15 to 20 minutes more.
Per serving: 153 calories, 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol, 28 g carbohydrate; 4 g added sugars; 2 g protein, 5 g fiber; 264 mg sodium; 757 mg potassium. **Nutrition bonus:** Vitamin A (282% daily value), Vitamin C (80% dv), Potassium (22% dv), Magnesium (19% dv)

TIP Chinese five-spice powder is available in well-stocked supermarkets and Asian markets. All blends contain cinnamon, fennel seed, cloves and star anise; some versions are made with white pepper, some with Szechuan pepper.

WHEN IT COMES TO ORGANIC APPLE CIDER VINEGAR
Accept No Imitations!
Original BRAGG's Organic Apple Cider Vinegar with the "Mother"
A Proven Leader, Recognized and Trusted for nearly 100 years!
Certified Organic with the "Mother"
Kosher Certified
Raw & Unfiltered
NON - GMO
Gluten FREE
No Preservatives or Additives
BRAGG
ORGANIC
RAW ~ UNFILTERED
APPLE CIDER VINEGAR
With The "Mother"
Apple Cider Vinegar
Miracle Health System
From BRAGG the Name you Trust!
Since 1912 Bragg has been a leader in the health food industry under the leadership of Paul Bragg and his daughter Patricia Bragg. Paul was the original health advocate and educator of the benefits of Apple Cider Vinegar in America.
Proven the Best Organic Apple Cider Vinegar
BRAGG
1912
2012
Visit us online at:
bragg.com or BraggACV.com
Bragg Health Products available in Health Stores & Grocery Health Sections

Tomatoes All Winter

Brighten up dinner with 4 easy recipes using canned tomatoes

Whoever said that you can't enjoy tomatoes in the winter has overlooked the vast and wonderful world of preserved tomatoes. Inexpensive and endlessly versatile, canned, boxed or jarred tomatoes capture the bright flavor of a perfectly ripe fruit. Thick-walled plum tomatoes hold up the best during the preservation process and can provide surprising health benefits that even fresh don't offer. Tomatoes are preserved using heat, which releases lycopene—a carotenoid that may help prevent prostate and breast cancer. And you can't beat their convenience. They come whole, diced and crushed (to name just a few renditions), so you can skip all the chopping and pureeing you do when using fresh. Use crushed tomatoes to make a sauce for Quick Chicken Parmesan or break up whole tomatoes with your hands for rustic Southwestern-style Butternut Squash & Tomato Posole. You *can* enjoy tomatoes in winter, all it takes is a little creativity (and maybe a can opener).

—Hilary Meyer

Consider the Can

Preserved tomatoes are now available in glass jars or aseptic boxes in addition to "BPA-free" cans. That's good news, because many cans, especially those used for acidic foods like tomatoes, are manufactured with BPA (bisphenol A). Why worry about BPA? Studies have linked BPA to infertility, heart disease and diabetes. In March 2012, the FDA ruled against a proposed ban of BPA use in food and drink packaging, based on "insufficient evidence" that BPA from these sources causes any ill effects. However, the FDA is encouraging packagers to find alternatives to BPA, and studies on its effects are ongoing.

Pantry Wise: **If you only stock one type of canned tomato, opt for versatile whole plum tomatoes. Break them up for chunky stews (*see page 41*), dice them if you want smaller pieces or puree them to use in a sauce.**

Photography by Bryan McCay. Food stylist: Susan Vajgrant. Prop stylist: Megan Hedgpeth.

Fall in Love. Again.

daiya
deliciously dairy free™

dairy free

gluten free

soy free

Pareve

www.daiyafoods.com

To make Quick Chicken Parmesan for Two:

Halve all the ingredients, using one 14-ounce can tomatoes or 1½ cups and ½ teaspoon salt total (¼ tsp. on chicken, ¼ tsp. in sauce). Prepare in a medium skillet.

1] Quick Chicken Parmesan

Makes: 4 servings, 3 ounces chicken & ⅔ cup sauce each
Active time: 35 minutes
Total: 35 minutes
Cost per serving: under $3

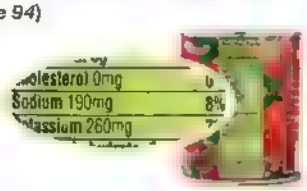
Ooey-gooey cheese, crispy breadcrumbs and plenty of sauce are the hallmarks of any good chicken parm, and this one is no exception. We made this version easier by skipping the breading on the chicken and loading the top of this one-skillet supper with cheese and breadcrumbs. Serve with whole-wheat pasta to soak up the extra sauce

- **2 8-ounce boneless, skinless chicken breasts, trimmed**
- **¾ teaspoon salt, divided**
- **½ teaspoon freshly ground pepper, divided**
- **⅓ cup coarse dry breadcrumbs, preferably whole-wheat *(see Tip, page 94)***
- **3 tablespoons extra-virgin olive oil, divided**
- **1 medium onion, chopped**
- **3 cloves garlic, minced**
- **1 28-ounce can no-salt-added crushed tomatoes**
- **1 teaspoon Italian seasoning**
- **1 cup shredded part-skim mozzarella cheese**
- **¼ cup chopped fresh basil *or* parsley**

1. Cut each chicken breast in half on the diagonal to make 4 roughly equal portions. Place between pieces of plastic wrap and pound with the smooth side of a meat mallet or a heavy saucepan to an even ¼-inch thickness. Sprinkle the chicken with ¼ teaspoon each salt and pepper. Combine breadcrumbs and 1 tablespoon oil in a small bowl; set aside.
2. Position rack in upper third of oven; preheat broiler to high.
3. Heat 1 tablespoon oil in a large, ovenproof skillet over medium-high heat. Add half the chicken and cook until golden, 2 to 3 minutes per side. Transfer to a plate. Reduce the heat to medium and repeat with the remaining 1 tablespoon oil and chicken. Transfer the chicken to the plate.
4. Add onion and garlic to the pan and cook, stirring, until beginning to soften, 2 to 3 minutes. Remove the pan from the heat. Pour in crushed tomatoes; add Italian seasoning and the remaining ½ teaspoon salt and ¼ teaspoon pepper. Return the pan to medium heat and cook, stirring, until the onions are tender, 2 to 3 minutes. Return the chicken and any accumulated juices to the pan. Turn to coat with the sauce.
5. Sprinkle about ¼ cup of cheese over each piece of chicken, then top with the reserved breadcrumb mixture. Broil until the cheese is melted, about 1 minute. (Watch carefully to prevent burning.) Serve the chicken with the sauce, sprinkled with basil (or parsley).
Per serving: 386 calories; 19 g fat (5 g sat, 10 g mono); 78 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 34 g protein; 4 g fiber; 708 mg sodium; 660 mg potassium. **Nutrition bonus:** Vitamin C (37% daily value), Calcium (30% dv), Iron & Potassium (19% dv).

2] Manhattan Clam Chowder

Makes: 6 servings, about 2 cups each
Active time: 40 minutes
Total: 40 minutes
Cost per serving: under $6



Sodium Matters: **Sodium amounts vary widely among brands. Some have little or no sodium, but aren't labeled as such. Read nutrition labels and seek out brands that come in around 190 mg per ⅓-cup serving or less. For the lowest sodium options, look for "no salt added" on the label.**

Instead of shucking pounds of fresh clams for this tomato-based chowder, we use clams that have already been shucked and chopped, then add a few whole clams in their shell to make it special. Shucked clams are available by the pound in the seafood department in large supermarkets. If you can't find them, use canned clams.

- **1 tablespoon extra-virgin olive oil**
- **1 large onion, diced**
- **1 medium fennel bulb, cored and diced, fronds reserved**
- **4 cloves garlic, minced**
- **1 teaspoon dried thyme leaves**
- **1 28-ounce can diced tomatoes**
- **2 14-ounce cans reduced-sodium chicken broth**
- **¾ cup dry white wine**
- **½ teaspoon freshly ground pepper**
- **3½ cups diced cooked potatoes (*see Tip, right*), preferably red-skinned**
- **24 littleneck *or* other small clams, scrubbed**
- **1 pound chopped *or* minced shucked clams**

1. Heat oil in a Dutch oven over medium heat. Add onion, diced fennel, garlic and thyme. Cover and cook, stirring occasionally, until just soft and beginning to brown, 5 to 7 minutes. Stir in tomatoes, broth, wine and pepper. Bring to a boil over high heat, reduce heat to medium and simmer for 5 minutes.
2. Add potatoes and return to a simmer over medium heat. Place the clams in the shell on top of the simmering soup. Cover and cook until the vegetables are tender and the clams open, 6 to 10 minutes.
3. Chop the reserved fennel fronds, stir into the soup. Add chopped (or minced) clams and any clam juice; cook until just heated through, 1 to 2 minutes. Discard any unopened clams before serving.
Per serving: 369 calories; 5 g fat (1 g sat, 2 g mono); 76 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 35 g protein; 5 g fiber; 650 mg sodium; 1,734 mg potassium. **Nutrition bonus:** Iron (189% daily value), Vitamin C (100% dv), Potassium (50% dv), Zinc (26% dv), Folate & Magnesium (19% dv), Calcium & Vitamin A (18% dv).

Best Pasta Sauces: Find easy recipes for homemade pasta sauce at *eatingwell.com/go/pastasauce*

TIP Convenient diced cooked potatoes can be found in the refrigerated section of the produce and/or dairy department of the supermarket. One 20-ounce bag contains about 3½ cups.

3] Butternut Squash & Tomato Posole

Makes: 5 servings, about 1⅔ cups each **Active time:** 20 minutes **Total:** 45 minutes **Cost per serving:** under $2

Posole is a traditional Mexican stew most often made with pork and hominy (dried corn kernels that have been treated to soften the hull) cooked in a fragrant chile-based sauce. In this quick vegetarian version, we rely on the meatiness of pinto beans and butternut squash combined with hand-crushed whole tomatoes to make this stew satisfying. (*Photograph: page 42.*)

IF YOU THINK THE BEST **PROBIOTICS** ARE ENTERIC COATED, THINK AGAIN.

Introducing a controlled delivery probiotic that goes beyond enteric coating†

Regular enteric coating protects probiotic formulas from stomach acid, but then releases the microorganisms all at once. Probiotic CD™ does more. Probiotic CD™ features an advanced probiotic technology which releases microorganisms to the entire intestinal tract continually throughout the day. Because it works hour after hour, once a day is all you need to keep digestive health in balance.* Controlled Delivery... the feel-good difference you can count on.

- 12 Billion Bioactive Probiotic Microorganisms from 10 Strains*
- Intestinal Release System, Stomach-Acid Protected Once Daily Formula
- Hour After Hour Controlled Probiotic Delivery
- Promotes Digestive, Intestinal and Immune Health*

Available at health, natural food and vitamin specialty stores.

AMERICAN HEALTH
good health made simple
www.AmericanHealthUS.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Bio-tract® is a registered trademark of Nutraceutix, Inc. U.S. Patent Nos. 6,627,220 & 7,150,623 †At time of manufacture ©2012 American Health, Inc. 12-AH-124

healthy in a hurry 4 ways

- 1 28-ounce can whole peeled tomatoes, preferably no-salt added
- 1 tablespoon canola oil
- 2 cups chopped red onion
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 3 cups diced (½-inch) peeled butternut squash (see *Tip, right*)
- 1½ cups vegetable broth
- 1 15-ounce can white hominy, rinsed
- 1 15-ounce can pinto beans, rinsed
- 1 ripe but firm avocado, diced
- ¼ cup chopped fresh cilantro

1. Working over a bowl, break apart tomatoes with your fingers one at a time, letting them drop into the bowl (see *photo, page 38*)

2. Heat oil in a large, heavy pan or Dutch oven over medium-high heat. Add onion and garlic and cook, stirring often, until beginning to brown, 4 to 5 minutes. Add chili powder and cook, stirring, for 30 seconds. Add squash, broth, hominy, beans and the crushed tomatoes (and juice). Bring to a simmer. Reduce the heat to maintain a gentle simmer

3. Cover and cook, stirring occasionally, until the squash is tender, 25 to 30 minutes. Serve with avocado and cilantro.

Per serving: 335 calories; 10 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 9 g protein; 16 g fiber; 688 mg sodium; 1,147 mg potassium. **Nutrition bonus:** Vitamin A (300% daily value), Vitamin C (74% dv), Potassium (33% dv), Folate (30% dv), Iron & Magnesium (23% dv), Calcium (16% dv).

To Save Time.

Try using butternut squash that is already peeled and cubed. Look for it near other prepared fresh vegetables in the produce department of most supermarkets.

FINALLY! THE WEIGHT IS OVER...
A rich tasting, all natural, non-fat milk!
3rd Generation .. Family Owned Since 1934.
• Made from fresh, Grade A pasteurized non-fat milk
• High in calcium, low in sodium
• Naturally gluten free
• No growth hormones
• No preservatives
Delicious on cereal, tasty in favorite recipes or enjoy it cold by the glass! A smart, easier to digest addition to any family meal plan.. (Especially for those with cow or soy milk sensitivities)
NEW! Request It At Your Local Store!
MEYENBERG
NON FAT POWDERED
GOAT MILK
VITAMINS A & D
Just Mix and Enjoy!
MEYENBERG
POWDERED
GOAT MILK
Gourmet Taste • Easy to Digest
VITAMIN D
Found nationally in natural food & leading grocery stores. Powdered & Evaporated Cans • Fresh Low Fat Quarts • Fresh Whole Quarts & Half Gallons • European Style Goat Butter • Aged Goat Cheddar Cheese • Goat Cream Cheeses • www.meyenberg.com or call 800-891-GOAT (4628)

4] Smoked Turkey, Kale & Rice Bake

h✕w h♥h

Makes: 6 servings, about 1⅓ cups each
Active time: 20 minutes
Total: 40 minutes
Cost per serving: under $2.50

This hearty one-skillet meal is loaded with vegetables and quick-cooking brown rice. It's easy to make it vegetarian by substituting smoked tofu for the turkey

- **1 tablespoon extra-virgin olive oil**
- **2 cups thinly sliced leeks, white and light green parts only**
- **1 cup thinly sliced celery**
- **4 cups slivered kale leaves**
- **1 28-ounce can diced tomatoes**
- **1 cup low-fat, no-salt-added cottage cheese**
- **1 cup instant *or* quick-cooking brown rice**
- **6 ounces smoked turkey breast *or* smoked tofu, chopped (1½ cups)**
- **¼ cup water**
- **1 teaspoon freshly ground pepper, or to taste**
- **1 cup shredded extra-sharp Cheddar cheese**

1. Heat oil in a large, ovenproof skillet over medium-high heat. Add leeks and celery and cook, stirring frequently, until beginning to soften, 2 to 3 minutes. Add kale and tomatoes and cook, stirring, until the kale begins to wilt, 1 to 2 minutes. Stir in cottage cheese, rice, turkey (or tofu), water and pepper. Bring to a simmer. Reduce heat to medium-low, cover and cook for 10 minutes.

2. Meanwhile, position rack in upper third of oven; preheat broiler.

3. Stir the rice mixture, increase the heat to medium and cook, uncovered, until most of the liquid has evaporated, 10 to 12 minutes. Spread cheese on top. Broil until the cheese is bubbling, 2 to 3 minutes

Per serving: 266 calories; 11 g fat (5 g sat, 4 g mono); 33 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 18 g protein; 4 g fiber; 605 mg sodium; 596 mg potassium. **Nutrition bonus:** Vitamin A (147% daily value), Vitamin C (60% dv), Calcium (26% dv), Magnesium (18% dv), Potassium (17% dv).

TRADITION IMPROVED

Time-honored recipes evolve organically with fresh flavors from Simply Organic spices.

SAVORY SWEET POTATOES

PREP TIME 15 min | COOK TIME 1 hour

INGREDIENTS

- 2 lbs sweet potatoes, cooked until just tender (bake or boil)
- 2 tbsp maple syrup
- 2 tbsp butter
- 1 tbsp lemon juice
- ½ tsp Simply Organic cinnamon
- ¼ tsp sea salt
- 1 tbsp Simply Organic parsley

DIRECTIONS Peel and slice cooked sweet potatoes into wedges. Place wedges in a shallow casserole dish. Melt together the remaining ingredients, except parsley, and pour over the potatoes. Sprinkle with parsley and serve

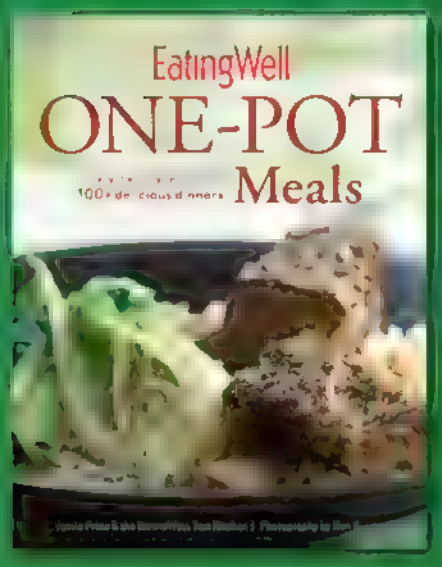
SERVINGS 6 | CALORIES 180 | FAT 4 g | CHOLESTEROL 10 mg

Simply Organic

For holiday recipes & recipes download our iPad App www.frontiercoop.com/holiday

A brand of FRONTIER NATURAL PRODUCTS CO-OP

A member-owned cooperative for over 35 years



EatingWell
One-Pot Meals

Easy, healthy recipes for
100+ delicious dinners

By the Editors of EATINGWELL
Text by Jessie Price
Photography by Ken Burris

All you need for dinner tonight is one pot and this cookbook.

Makes a great gift!

HARDCOVER 224 PAGES
8" X 10" • FULL COLOR

COVER PRICE: ~~$24.95~~
EATINGWELL BOOKSTORE
PRICE: $22.45 — SAVE 10%

To order:
eatingwell.com/shop
or call 800-921-0826
(use code EWND12)

ADVERTISEMENT

LivingWell

Your Guide to Products, Promotions & Special Events

A GIFT FOR THE WHOLE FAMILY

Bring back your child's favorite holiday treats with the whole grain goodness of Kellogg's® Rice Krispies® Gluten Free cereal. You can find it in the cereal aisle, right alongside the original Rice Krispies® cereal. Find out more at ricekrispies.com/glutenfree.

NUTRITION FOR OPTIMAL WELLNESS

NOW Foods manufactures and distributes over 1,500 quality dietary supplements, natural foods, sports nutrition and personal care products to help people lead healthier lives. Available in health food stores nationwide. Visit nowfoods.com for product information and more.

WHOLESOME GOODNESS: GOLDEN FLAX

King Arthur Flour golden flax seed meal is cold-ground, retaining its nutrients. Adds a nutty, slightly spicy flavor and replaces oil in baked goods—plus, it's certified gluten free. Try it today! Visit kingarthurflour.com/flax for purchase information, recipes and more.

Visit **EatingWell.com/go/livingwell** for information on events and offers.

Stay connected!

ADVERTISEMENT

LivingWell

Your Guide to Products, Promotions & Special Events

FREE THE FLAVOR, SKIP THE SALT!

Add a bold seasoning statement with all-natural Mrs. Dash! A tasty blend of 14 herbs and spices, Mrs. Dash brings surprisingly delicious, salt-free flavor to any dish. For quick and mouthwatering recipes, visit mrsdash.com.

SUPPLEMENT YOUR DIET, THE SUNDOWN NATURALS® WAY

Many of our products are FREE of gluten, dairy, lactose, artificial sweeteners, flavors and colors. Visit us at facebook.com/SundownNaturals.

STAND IT UP. SCOOP IT UP. ZIP IT UP.

Fisher baking nuts stand for easy scooping and zip closed for freshness after opening. Visit fishernuts.com for more information.

DELICIOUSLY MEAT-FREE

Nutritious, award-winning Gardein tastes just like meat with the same texture and protein. Lower in calories and with no cholesterol. Just heat and serve. It's the perfect healthy meal for the whole family. Visit gardein.com for products and recipes.

PURE & PURIFYING

Convenient and gluten free, EDEN FOODS® offers ten pure snacks, garnish and recipe ingredients. Visit edenfoods.com for purchase information, recipes and more.

life'sDHA™

life'sDHA™ is a sustainable, non-fish source of DHA Omega-3. Enjoy the brain health benefits of DHA Omega-3 without the concern of ocean-borne contaminants. Look for the *life'sDHA™* logo on your favorite foods and supplements. Visit lifesDHA.com to learn more.

Changing Tastes

You can use all 5 senses to learn to love healthy foods. Here's how!

Love edamame? Loathe broccoli? Run screaming from salmon? You may think that your love or hate of certain (especially healthy) foods is hard-wired in your taste buds, but it turns out a lot of our tastes for foods can be learned and relearned—even as adults. Our flavor preferences are malleable: "Eating is a multisensory experience with many opportunities to intervene," says Barb Stuckey, author of *Taste What You're Missing: The Passionate Eater's Guide to Why Good Food Tastes Good* (Free Press, 2012).

While there are only five tastes that we can detect—sweet, sour, bitter, salty and *umami*, which means savory or meaty—there are many factors that impact flavor. "A food's texture, how it sounds, how appetizing it looks and how it smells, all play a role in flavor perception," says Stuckey. For instance, researchers at Oregon State University recently looked at how aroma can play mind games with our taste buds. They examined retronasal olfaction, or how we smell food through our mouths. (When you chew, the aromas from the food get released and sucked up through your nose as you breathe.) Apparently, when the scent and taste of a food are congruent—or naturally harmonious, like vanilla and sugar—we perceive this combination as one sensation in our mouth. "Even though vanilla actually has no taste at all—it's only a smell—we are unable to separate which information came from our mouth and which from our nose.

BY HOLLY PEVZNER • PHOTOGRAPHY BY ERICA ALLEN

Instead, we think the overall sensation is in our mouth," says Juyun Lim, Ph.D., lead researcher and an assistant professor of food science and technology. "It's a trick that our brain plays on us." And because we quite literally don't know our nose from our taste buds, we can manipulate our senses to alter our taste perception.

Here's how you can use mind-over-menu tricks to eat healthier:

Smell

AMP UP SCENT Desserts are hard to resist. But the task is a little easier when their scent is intense. When we experience a strong complementary aroma (even a pleasant one) with our food, we take smaller bites, according to a recent study in the journal *Flavour* (for example, a whiff of coffee in a mocha dessert). And we don't make up for those smaller bites with more bites or by eating more food later. It's thought that there's some sort of feedback loop happening in our brains: when a strong complementary smell is present, we reduce our food intake so we are not overwhelmed with flavor. Next time you serve a sweet treat at a dinner party, think about lighting a vanilla-scented candle. Or when you order a dessert at a restaurant, pair it with strong-smelling coffee.

LESSEN BITTER SMELLS People often turn their noses up at cruciferous vegetables like cauliflower, Brussels sprouts or broccoli, and for good reason: "With cruciferous vegetables, we often think they just taste bitter, but data suggests that the aroma is also a big part that people are reacting to," says Lim. Cauliflower and company contain smelly sulfurous compounds, which are there, in part, to protect the plants from animals and insects. (Those same compounds deliver cancer-fighting benefits.) But "masking the smell of broccoli and other bitter vegetables can easily change our flavor perception," says Stuckey. She suggests steaming the vegetables, which releases the sulfurous smell. "The process liberates some of the most volatile aromas, but since those smelly compounds will then be in the air, you'll want to eat in a different room than where your vegetables were cooked." Another option: roasting. "This cooking process enhances any natural sugars in the plants and can counterbalance the aroma," says Stuckey.

Listen

TURN UP THE TUNES Even the background noise we hear while eating influences the way our mind judges food. Oxford University researchers recently enlisted 20 men and women to taste toffee while listening to a soundtrack that was either brass- or piano-filled. The results: the toffee tasted more bitter when accompanied by brass instruments and low notes and sweeter when piano music and high-pitched notes filled the air. While the brain mechanics are still unknown, one theory is that positive and negative attributes from music carry over to the perception of the food,

Discover a New World with Heirloom Grains

They say history always repeats itself, and with the selection of heirloom grains from Bob's Red Mill, you'll understand why. Bob's Red Mill has explored history and traveled the world for heirloom grains to excite your palate. From the pyramids of Egypt to the Incan ruins of South America, these unique grains have been renowned for centuries for their distinct flavors. Discover the secrets of ancient cultures and try Bob's Red Mill heirloom grains today.

Bob's Red Mill
To Your Good Health
AMARANTH
KAMUT
TEFF

a process called sensation transference. "Essentially, our brain integrates the sweet sound and sweet flavor into one stimuli," says lead researcher Anne-Sylvie Crisinel, Ph.D. You experience a similar phenomenon if you find a pasta dish especially delicious at your favorite restaurant when traditional Italian music is playing in the background. Be mindful of a constant, unpleasant background noise. "You know how food often tastes bland on airplanes? Part of the reason is that the low-level and intense noise of the engines has a somewhat masking effect on flavors. The sound actually dampens your flavor perception," Crisinel says. To use this mind game to your advantage, play your favorite upbeat tunes during healthy meals. "If you listen to pop music that you perceive as fresh or strong, you'll wind up ascribing those same attributes to the food you're eating," says Stuckey.

Taste

MIND YOUR SWEET CHOICES Research shows that artificially sweetened foods play games with your mind. While consuming either the fake stuff or the real deal stimulates the rewards area of the brain, artificial sweeteners activate this section more, according to a 2011 study in the journal *NeuroImage*. And a greater reward leads to more cravings. Adding to the "keep eating" mindset is artificial sugar's amped-up sweetness. "It's about 400 to 13,000 times as sweet as sugar. And over time, your brain and taste buds become accustomed to—and prefer—intensely sweet flavors over natural sweetness," says David Katz, M.D., M.P.H., founding director of the Yale-Griffin Prevention Research Center and an *EatingWell* advisor. (The less-sweet taste of foods with natural sugars often simply doesn't cut it anymore.) The good news is you can rehabilitate your taste buds and brain. "If you gradually cut out artificial sweeteners from your diet, you will lose your taste for them," says Katz. "After about two weeks, your brain will unconsciously start to become used to less sweetness. After three months, it'll be a habit. After six months, your brain and taste buds will, essentially, refuse the overly sweet stuff."

ADD FLAVOR TRAINING WHEELS Though artificial sweeteners can be counterproductive, a little bit of sweet can actually trick your brain into liking certain foods. We can develop a taste for sour or bitter fruits and veggies, like grapefruit or asparagus, by first getting used to a sweetened version, according to a study in the journal *Appetite*. Researchers first served up regular ol' broccoli and cauliflower. Next, they doled out versions that had been briefly dipped in a mixture of distilled water and 20 percent sugar. After three days of dining on the slightly sweetened version, the testers' taste for the unsweetened produce improved significantly. "It's like flavor training wheels to get you to start accepting a particular food in your diet," says Stuckey. "Just a touch of sugar helps to mitigate the bitterness or sourness. It also buys you time to get familiar with the aromas and textures of the food. You

When it comes to
Healthy Digestion...
Benefit from some
Extra Help.*

Pass the Papaya!

When your favorite foods leave your digestive tract feeling like it has one too many twists in it, smooth out the road with Chewable Papaya Enzyme from American Health®.* Papaya Enzyme naturally aids in the breakdown of food into the component nutrients our bodies need, whether it's protein for muscles, fat for fuel, or carbohydrates for energy.* So go ahead and give your digestion some well-deserved help from the perfect "after meal" supplement®.. 100% Natural Papaya Enzyme from American Health.*

Available at health, natural food and vitamin specialty stores.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
©2012 American Health, Inc.

AMERICAN HEALTH
good health made simple
www.AmericanHealthUS.com

The Sweetest way to be Earth-Friendly!

FLORIDA CRYSTALS®

At Florida Crystals we are proud of our many green business practices that protect and conserve our earth's natural resources. That's why Florida Crystals® stand-up pouches are made in recyclable packaging

Look for the recycle symbol on our products and know that sweetening your foods with Florida Crystals® is the sweetest way to be earth-friendly!

- Recyclable packaging
- Renewable energy production
- Eco-friendly farming
- Water conservation
- Crop rotation

www.floridacrystals.com

©2012 Domino Foods, Inc

can eventually eliminate the sugar because you've already gotten over the biggest obstacles and are more likely to accept the food now." In addition to the sugar-water-dip method, you can top vegetables with a brown sugar sauce or add sweet citrusy dressings.

TRICK YOUR TONGUE If you are looking to cut back on sodium, try vinegar instead—sharp distilled white, a seasoned rice version or any other in between. "The way that we physically perceive salt and sour tastes is through pores in our tongue. It's like threading a needle: the salt or sour molecule has to go through the pore to be detected," explains Stuckey. (Sweet, savory and bitter, however, are more like a hand shake: "The taste molecule and the cell receptor protein have to match up for the taste to be perceived," she says.) "If you replace added salt on your food with a splash of vinegar, it won't taste exactly the same but your tongue will receive a similar type of pleasure that salt gives."

See

PLAY WITH COLORS "Flavor intensity increases as the color level on our plate increases," says food scientist Kantha Shelke, Ph.D., an Institute of Food Technologists spokesperson. "For example, research has shown that strawberry mousse served on a white plate rates consistently higher in flavor intensity, sweetness and enjoyability than the identical mousse served on a black plate." The theory is that if there's a high color contrast between the plate and the food (like reddish-pink mousse on a stark white dish), your food will appear more vibrant, which translates into you believing it tastes more intense. "For people who love powerful flavors, I'll serve bright-colored fruit and vegetables on a white plate to enhance their flavor perception," says Shelke. "But I'd place that same colorful produce on a dark plate to mute their flavor for picky eaters, kids or people who are trying a certain vegetable for the first time."

Trying to eat less? A recent study in the *Journal of Consumer Research* found that people tend to serve themselves less food when there's a high contrast between tableware and food. For example, if you piled pasta Alfredo on a red plate you'd take less than if you put that same meal on an all-blends-together white plate. In fact, the white-on white folks in the study served themselves 22 percent more food than those with a high-contrast combo.

Feel

TWEAK TEXTURE Crunchy, chewy, squishy, thick, thin. All these textures play a role in how we interpret food and how much we eat. "More viscous foods—foods that are thicker or have less fluidity—leave a coating of flavor in your mouth that prolongs a pleasurable sensation," says René de Wijk, Ph.D., a sensory scientist at Food & Biobased Research in the Netherlands. For instance, the sweetness of a thick smoothie will last in your mouth longer than the sweetness of a soda. In the same vein, *anything* that makes food linger in your mouth longer—like adding crunchy bits that require a lot of chewing—draws out and intensifies positive sensations, says de Wijk. And with all this intensity going on, smaller bites yield plenty of pleasure and, thus, we eat less, according to de Wijk's research. "These types of foods elicit more sensations and more oral movement than less thick or less crunchy foods. So people unconsciously react to that intensity with smaller bite sizes," he says.

There are so many tricks and mind-over-meal games to play to expand your palate. "They are all fantastic ways to like healthier and more diverse foods," says Stuckey. But perhaps the most important thing is to change your mindset. "Expose yourself to different foods repeatedly. But instead of viewing your taste retraining as trying to love something you hate, think of it as becoming a connoisseur. How do you think wine, cheese or coffee experts get that way? Repeated exposure."

Holly Pevzner is a writer in Brooklyn, NY, who forced herself to acquire a taste for seafood before marrying a Mainer. Today, she happily cracks her own lobsters and devours fresh haddock topped with seafood stuffing.

Introducing

the Light Way to do Sweet!

Domino light

all natural
sugar & stevia
blend

Half the calories of sugar and all the sweet taste you want!

- A NEW, **all-natural sweetener** made with a blend of **Pure Cane Sugar** and **Stevia**, a sweet tropical plant
- Use it for baking, stirring and sprinkling
- A delicious sweet taste and no artificial ingredients.

It's the perfect blend of both worlds!

MANUFACTURER'S COUPON
EXP 12/31/12

SAVE $1.00
on any
DOMINO® LIGHT
product

Domino light

0049200-014671

*To learn more and for delicious recipes, visit: **dominosugar.com/light***

©2012 Domino Foods, Inc

A Simple Celebration

Settlers' Harvest

The first settlers lived simply in rugged cabins like this one at Shelburne Museum, just down the road from our Vermont office. In earlier days the fireplace was both heat source and kitchen, and cooking was more basic, more closely tied to what could be gathered or grown nearby. This meal hearkens back to that time—it highlights the bounty of wholesome ingredients found in the New World. Each is prepared with a rustic, yet modern approach—sage-rubbed turkey is roasted until juicy and golden; sweet potatoes and Yukon Golds are roughly mashed together and topped with crème fraîche and chives. It's a meal to be thankful for, indeed.

Savor the bounty of the New World, from turkey and wild rice to cranberries and chocolate, with this easy, delicious Thanksgiving menu

BY LIA HUBER

PHOTOGRAPHY BY MICHAEL GRAYDON & NIKOLE HERRIOTT

T[illegible] cold, drafty homes [illegible] Americans offered Europeans [illegible]ers few comforts beyond [illegible]pitality, bedrooms and [illegible]mble hearths. But flavorful [illegible]gredients like [illegible]ra berries, [illegible]d wild rice were featured [illegible]with apples in stuffing [illegible]were abundant.

Wild Rice Stuffing with Apple & Sausage

When European settlers arrived in the Americas in the 16th and 17th centuries, they found a collection of foods they'd never seen before. Cranberry bogs dotted the Northeast and reeds of wild rice waved through the marshes of the Midwest. There were cornstalks, too, wrapped in climbing beans with pumpkins at their feet, standing sentinel over flocks of wild—and domesticated—turkeys. Farther south, in Mexico and Central and South America, sweet potatoes flourished and cacao beans were revered by Aztec royalty. In New England a group of Puritan settlers planned a feast to offer thanks for the riches of this new world. This year our Thanksgiving feast is an ode to the bounty of ingredients that those settlers discovered. In this menu, among other tasty offerings, you'll find turkey rubbed with sage and roasted until perfectly golden, cranberries melted into a fragrant spiced cranberry sauce, a stuffing made with wild rice and cacao matched with pumpkin in a deep, rich chocolate torte. This holiday is not just about the Pilgrims giving thanks for a place, it's about the deep gratitude for the foods that would sustain them and us—through the winter ahead.

Wild Rice

Wild rice has grown in the wetlands of North America for nearly [illegible] the native peoples who gathered it considered it sacred. French explorers dubbed the grain *riz sauvage* (wild rice) and *folles avoine* (crazy oats), but it was the moniker [illegible] that stuck.

Wild Rice Stuffing with Apple & Sausage

h*f h♥h

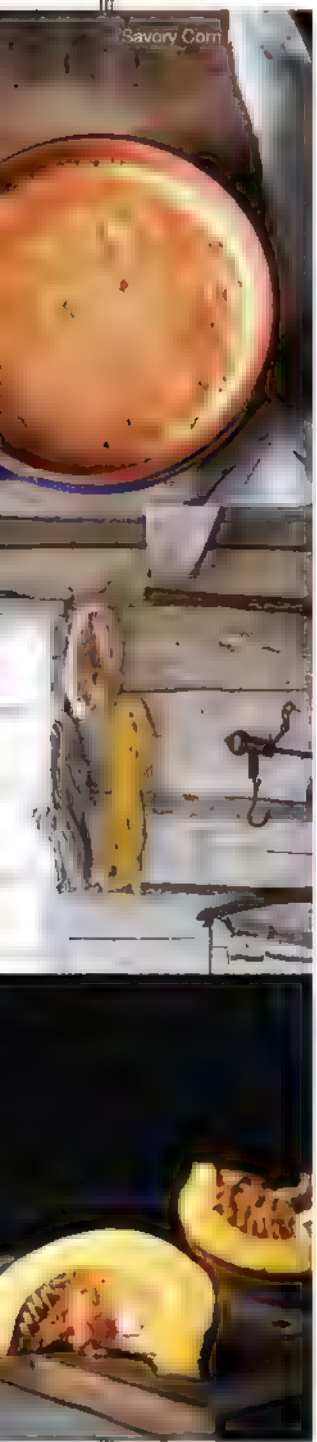
Makes: 14 servings, 1 cup each
Active time: 1¼ hours
Total: 2 hours 5 minutes
To make ahead: Prepare rice (Step 2), cover and refrigerate for up to 3 days; toast bread (Step 3), cover and store at room temperature for up to 2 days.

This amazing stuffing combines wild rice and rye bread along with sausage, apples, dried cherries, pecans and fresh herbs—it's bursting with rustic fall flavors.

- **1¼ cups wild rice (8 ounces)**
- **4 cups cubed Jewish rye bread (½-inch cubes), preferably day-old**
- **1 pound sweet turkey sausage, casings removed**
- **2 cups chopped leeks, white and light green parts only**
- **2 tart apples, cut into ¼-inch dice**
- **1 cup diced celery**
- **3 cups reduced-sodium chicken *or* turkey broth**
- **1 cup dried cherries**
- **1 cup coarsely chopped pecans**
- **1½ tablespoons minced fresh marjoram**
- **2 teaspoons minced fresh thyme**
- **¼ teaspoon salt**
- **¼ teaspoon freshly ground pepper**

1. Preheat oven to 300°F.
2. Place rice in a medium saucepan and add enough water to cover by about 1½ inches. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until tender, about 1 hour. (Or prepare according to package directions.) Drain well.

The earthy colors of autumn glow in this corn pudding (*below*), homespun yarn, freshly sliced pumpkin and (*opposite*) creamy mashed potatoes



3. Meanwhile, spread bread on a baking sheet; bake, stirring once halfway through, until dry and crisp, about 25 minutes.
4. Increase oven temperature to 425°. Coat a 3- to 4-quart baking dish with cooking spray.
5. About 15 minutes before the rice is done, cook sausage and leeks in a large skillet over medium heat, stirring and breaking up with a spoon, until the sausage is browned, 6 to 8 minutes. Add apples and celery; cook for 3 minutes more.
6. Transfer the sausage mixture to a large bowl. Add the rice and bread, then stir in broth, cherries, pecans, marjoram, thyme, salt and pepper. Transfer to the prepared baking dish and cover tightly with foil.
7. Bake the stuffing for 35 minutes. Uncover and bake until the top is browned, 15 to 20 minutes more.

Per serving: 290 calories; 9 g fat (1 g sat, 4 g mono); 24 mg cholesterol; 40 g carbohydrate; 5 g added sugars; 13 g protein; 5 g fiber; 523 mg sodium; 339 mg potassium. **Nutrition bonus:** Zinc (17% daily value), Folate (15% dv)

Savory Corn Pudding

h✕w h♥h

Makes: 12 servings, ¾ cup each
Active time: 30 minutes **Total:** 1½ hours

This recipe gives corn pudding a new twist: the addition of vanilla beans. Though you may think of vanilla only when it comes to dessert, this is a great example of how wonderful it can be in savory dishes. The scent of the vanilla enhances the buttery corn and custard taste of the casserole.

- **3 cups low-fat milk**
- **2 tablespoons honey**
- **1 vanilla bean**
- **1 tablespoon butter**
- **1 tablespoon canola oil**
- **3 cups frozen corn, thawed**
- **2 cups finely diced onion**
- **1½ teaspoons salt**
- **¼ teaspoon freshly ground pepper**
- **3 large eggs**
- **½ cup white whole-wheat flour (*see Tip, page 94*) or all-purpose flour**
- **½ cup fine cornmeal, preferably whole-grain**

1. Preheat oven to 350°F. Coat a shallow 3-quart baking dish with cooking spray.
2. Heat milk and honey in a medium saucepan over medium-low heat. Cut vanilla bean in half lengthwise. Use the tip of the knife to scrape the seeds into the milk and add the pod. As soon as bubbles cover the surface of the milk, turn off the heat and let the vanilla steep for 10 minutes. Discard the pod.
3. Meanwhile, heat butter and oil in a large skillet over medium-high heat. Add corn, onion, salt and pepper; cook, stirring frequently, until the onion is translucent, 5 to 7 minutes. Remove from the heat. Carefully pour the vanilla milk into the skillet with the vegetables and whisk until well blended.
4. Whisk eggs in a large bowl. Sprinkle flour and cornmeal over the eggs and whisk to combine. Whisk 2 tablespoons of the corn-milk mixture into the egg mixture. Then whisk the rest of the corn-milk mixture into the egg mixture until combined. Pour into the prepared baking dish.
5. Bake the corn pudding until a toothpick inserted in the center comes out clean and the top is golden brown, 45 to 50 minutes. Let stand for 10 minutes before serving. Serve warm.

Per serving: 152 calories; 4 g fat (2 g sat, 2 g mono); 52 mg cholesterol; 24 g carbohydrate; 3 g added sugars; 6 g protein; 2 g fiber; 339 mg sodium; 266 mg potassium.

Two-Toned Mashed Potatoes

h✕w h♥h

Makes: 12 servings, ½ cup each
Active time: 20 minutes **Total:** 35 minutes
To make ahead: Prepare sauce (Step 2) and vegetables (Steps 1 & 3), cover and refrigerate separately for up to 1 day. Reheat vegetables, covered, in the microwave or a double boiler before continuing with Step 4.

Roughly smash Yukon Gold and sweet potatoes together with leeks and you get a beautiful mottled white-and-orange take on mashed potatoes. The crème fraîche topping offers a tangy counterpoint.

- **1 tablespoon buttermilk plus ⅔ cup, divided**

Corn

Corn has been around for millennia and was first cultivated roughly 10,000 years ago in the area of southern Mexico by the Mayans and Toltecs. But corn is a crafty plant able to grow in a variety of climates and soils and by about 3500 B.C. various species were being cultivated all over the Americas.

Food stylist: Kate Webster. Assistants: Liz Neily, Hilary Meyer. Prop stylist: Claudia Vernon. Tablecloth from Juliska, juliska.com.

Sweet Potatoes

Sweet potatoes have been putting down roots in the rain forests and jungles of South America for more than 10,000 years. Not only is the sweet potato packed with calcium and vitamin A, a powerful antioxidant, it is also, of course, sweet, a trait much coveted in Spain during Columbus's era when sugar was an expensive luxury.

Cranberries

North American natives had many uses for cranberries. Medicinally they were used as a poultice and to settle the stomach. They were also used as a dye (anyone who has spilled cranberry sauce on a white shirt can testify to its efficacy). Pemmican, a sort of early PowerBar developed by the Plains Indians for sustenance on long journeys, often consisted of cranberries, dried venison and fat.

- 2 tablespoons crème fraîche *or* sour cream
- ½ teaspoon onion powder *or* granulated onion
- Pinch of salt plus ¾ teaspoon, divided
- 1½ pounds Yukon Gold potatoes, cut into 1-inch chunks
- 1½ pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1 small leek, halved lengthwise and thinly sliced, white and light green parts only
- 2 tablespoons butter, cut into 4 pieces
- ¼ teaspoon freshly ground pepper
- 2 tablespoons minced fresh chives

1. Bring a large pot of water to a boil.

2. Combine 1 tablespoon buttermilk, crème fraîche (or sour cream), onion powder (or granulated onion) and pinch of salt. Cover and refrigerate while you cook the vegetables.

3. Add potatoes, sweet potatoes and leek to the boiling water and return to a boil. Reduce heat to maintain a vigorous simmer and cook until tender enough to pierce with a knife, 12 to 15 minutes. Drain and return the vegetables to the pan (off the heat).

4. Add the remaining ⅔ cup buttermilk, the remaining ¾ teaspoon salt, butter and pepper to the pan, coarsely mash with a potato masher. Serve topped with the sauce and chives.

Per serving: 117 calories; 3 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 2 g protein, 2 g fiber; 190 mg sodium; 318 mg potassium. **Nutrition bonus:** Vitamin A (142% daily value), Vitamin C (18% dv)

Cranberry Sauce with Star Anise

h♯w h♥h

Makes: 4 cups
Active time: 20 minutes **Total:** 20 minutes
To make ahead: Cover and refrigerate for up to 2 weeks or freeze for up to 3 months.
Equipment: Cheesecloth, kitchen string

This cranberry sauce is scented with star anise, which has a dynamic flavor—earthy, spicy and sweet at the same time. Look for the star-shaped pods in the bulk-spice sections of natural-foods stores, in Asian markets or online at *penzeys.com*.

- 10 whole star anise
- 2 12-ounce bags cranberries, fresh *or* frozen (thawed)
- 1⅓ cups sugar
- ⅔ cup water
- 2 teaspoons orange zest
- ⅔ cup orange juice, preferably fresh-squeezed

Place star anise in cheesecloth and tie into a bundle with a piece of kitchen string. Combine cranberries, sugar, water, orange zest and juice in a medium saucepan. Add the star anise bundle

and bring to a boil over medium heat. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until the cranberries have burst, 20 to 25 minutes. Remove star anise before serving. Serve warm or chilled.
Per ¼-cup serving: 89 calories, 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 17 g added sugars; 0 g protein; 2 g fiber; 1 mg sodium; 58 mg potassium. **Nutrition bonus:** Vitamin C (18% daily value).

Sweet & Sour Green Beans

h✱w h♥h

Makes: 12 servings, ⅔ cup each
Active time: 20 minutes **Total:** 20 minutes
To make ahead: Cover and refrigerate beans (Step 1) for up to 1 day. Let stand at room temperature while you prepare the dressing (Step 2).

These slightly sweet, slightly sour green beans take just a few minutes to make and they're great served at room temperature, so you can focus on getting the other parts of your Thanksgiving meal ready and let these bathe in the dressing, soaking up flavor.

- **2 pounds green beans, trimmed**
- **¼ cup cider vinegar**
- **¼ cup sugar**
- **1 ice cube**
- **1 cup thinly sliced shallots**
- **2 tablespoons canola oil**
- **½ teaspoon salt**

1. Fit a large pot with a steamer basket, add 1 to 2 inches water and bring to a boil. Add green beans, cover and steam until tender-crisp, 5 to 8 minutes. Drain.
2. Meanwhile, heat vinegar and sugar in a small saucepan over medium heat, stirring occasionally, until the sugar dissolves, 1 to 2 minutes. Remove from the heat. Stir in ice cube until it dissolves. Whisk in shallots, oil and salt.
3. Transfer the green beans to a large bowl, pour the dressing over them and toss to coat.
Per serving: 71 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 12 g carbohydrate; 4 g added sugars; 2 g protein; 2 g fiber; 99 mg sodium; 146 mg potassium.

Sage-Rubbed Roast Turkey with Lemon-Bay Gravy

h✱w h♥h

Makes: 12 servings turkey (plus leftovers) & 2¾ cups gravy
Active time: 45 minutes **Total:** 3¾ hours (plus 1 day dry-brining time)
To make ahead: Cover and refrigerate giblet stock (Step 2) for up to 1 day.
Equipment: Kitchen string
Cost per serving: under $2.50

If ever there were a time to splurge for a heritage turkey, it's Thanksgiving. Heritage turkeys are the naturally leaner and richer-flavored cousins of modern, industrialized turkeys. To find a heritage turkey farm near you visit *slowfoodusa.org*. The salt rub in this recipe acts as a "dry brine," plumping and seasoning the meat for moist, juicy, flavorful turkey.

Turkey

- **3 tablespoons finely chopped fresh sage**
- **2 tablespoons kosher salt**
- **1 teaspoon freshly ground pepper**

Lemon Bay Gravy

Green Beans
Beans are one of the ancient three sisters crops (corn and squash are the other two). The three have been grown symbiotically in the New World for thousands of years—the corn trellises the beans, the squash keeps roots cool and weeds out, and beans fix nitrogen in the soil.
Sweet & Sour Green Beans

- 1 12- to 14-pound turkey, preferably natural *or* organic *(see Tip, opposite)*
- 2 lemons, halved
- 2 cups hot water

Giblet Stock

- 1 tablespoon extra-virgin olive oil
- Neck and giblets (except liver) from the turkey
- 1 large onion, unpeeled, quartered
- 1 large carrot, coarsely chopped
- 2 stalks celery, coarsely chopped
- 5 cloves garlic, unpeeled
- 8 cups water
- 1 tablespoon whole black peppercorns
- 6 bay leaves

Gravy

- ¼ cup all-purpose flour
- 4 cups Giblet Stock, divided
- ½ teaspoon freshly ground pepper

1. To season turkey: The day before you want to roast your turkey, combine sage, salt and pepper in a small bowl. Remove giblets from turkey and set aside in the refrigerator for making stock. Place the turkey in a roasting pan and pat the sage mixture all over it. Cover loosely with plastic wrap and refrigerate for 24 hours.

2. To prepare giblet stock: Heat oil in a large saucepan over medium-high heat. Add the reserved neck and giblets, onion, carrot, celery and garlic, and cook, stirring occasionally, until beginning to brown, 5 to 7 minutes. Add water, peppercorns and bay leaves, bring to a boil. Reduce heat and simmer, skimming off any foam that rises to the top, for 1 hour. Strain. If desired, remove giblets and mince for gravy. Refrigerate for up to 1 day.

3. To roast turkey: About 30 minutes before you're ready to roast the turkey, position a rack in lower third of oven; preheat to 425°F.

4. Transfer the turkey to a work surface. Wipe out the roasting pan. Stuff lemon halves in the turkey cavity. Coat a roasting rack with cooking spray and place it in the pan. Tuck the wing tips under the turkey and tie the legs together with kitchen string. Place the turkey breast-side down on the rack and let it stand at room temperature for about 20 minutes.

5. Roast the turkey for 40 minutes. Carefully flip it over so the breast side is up. (To turn the hot turkey, use silicone gloves, turkey forks or cover the turkey with foil and use oven mitts.) Add 2 cups hot water to the pan to prevent the drippings from burning. Continue to roast until a thermometer inserted in the thickest part of the thigh (without touching bone) registers 160°F, 50 minutes to 1½ hours, depending on the size of your turkey.

6. Carefully transfer the turkey to a large clean cutting board. Set the roasting pan aside, reserving the pan drippings for the gravy. Loosely cover the turkey with foil and let rest 20 to 30 minutes before removing the string and carving.

7. To prepare gravy: Pour any pan juices and fat from the roasting pan into a large glass measuring cup and place in the freezer until the fat rises to the top, about 10 minutes. (*Alternatively, pour into a fat separator then pour the defatted juices into a large measuring cup.*)

8. Whisk ½ cup of the reserved giblet stock with flour in a small bowl until smooth. Return the defatted pan drippings to the roasting pan along with the remaining 3½ cups stock. Set the roasting pan over two burners on medium-high heat. Bring to a boil. Boil for 4 minutes, whisking occasionally and scraping up the browned bits.

9. Whisk the stock-flour mixture again and add to the pan. Cook, whisking constantly, until the gravy thickens, about 4 minutes more. Before serving, pour the gravy through a fine-mesh sieve, if desired, to strain out any lumps. Stir in reserved minced giblets, if using. Season with pepper.

Per 3 oz. turkey & 3 Tbsp. gravy: 161 calories; 5 g fat (1 g sat, 1 g mono); 66 mg cholesterol; 2 g carbohydrate, 0 g added sugars; 25 g protein; 0 g fiber; 202 mg sodium; 258 mg potassium

Pumpkin-Chocolate Torte with Pumpkin Whipped Cream

TIP For the best taste and texture we like using a "natural" or "organic" turkey—it does not have any added "solution" found in most conventional turkeys and has a better taste and texture. Turkeys labeled "heritage" are also typically "natural."

Pumpkin-Chocolate Torte with Pumpkin Whipped Cream

how it's done

Makes: 10 servings
Active time: 50 minutes **Total:** 4 hours 50 minutes (including cooling & chilling time)
To make ahead: Refrigerate torte for up to 1 day. Finish with Step 7 just before serving. **Equipment:** 9-inch springform pan, parchment paper

If you're ready for a change from your standard Thanksgiving pies, why not try this deeply chocolaty torte. It is made with pureed pumpkin, which helps make it incredibly moist and dense. Pumpkin pie spice gives it a decidedly Thanksgiving spin. The topping is whipped cream with a touch of vanilla and sugar and then pureed pumpkin folded into it—so easy, but so special.

Torte

- **¾ cup semisweet chocolate chips, divided**
- **1 tablespoon butter**
- **1 tablespoon canola oil**
- **3 large eggs**
- **2 large egg whites**
- **1 cup canned unseasoned pumpkin puree**
- **½ cup sugar**
- **½ cup unsweetened cocoa powder**
- **1 teaspoon vanilla extract**
- **¾ teaspoon pumpkin pie spice**
- **¼ teaspoon salt**

Topping

- **¼ cup heavy cream**
- **1 tablespoon sugar**
- **½ teaspoon vanilla extract**
- **2 tablespoons canned unseasoned pumpkin puree**

1. To prepare torte: Preheat oven to 350°F.
2. Coat a 9-inch springform pan with cooking spray. Line the bottom with parchment paper and spray the paper.
3. Combine ½ cup chocolate chips, butter and oil in a small saucepan. Place over medium-low heat, stirring frequently with a spatula, until melted.
4. Beat eggs, egg whites, 1 cup pumpkin, ½ cup sugar, cocoa powder, 1 teaspoon vanilla, pumpkin pie spice and salt in a large mixing bowl with an electric mixer on medium speed for 5 minutes. Add the melted chocolate and beat until combined. Scrape the batter into the prepared pan.
5. Bake the torte in the middle of the oven until the edges are set and the center just barely jiggles when the pan is gently shaken, 30 to 40 minutes. Let cool on a wire rack to room temperature, about 1½ hours.
6. Melt the remaining ¼ cup chocolate chips (see *Tip, page 94*). Decoratively drizzle the melted chocolate over the top of the cooled torte. Cover the pan with plastic wrap and refrigerate until chilled, about 2 hours (or up to 1 day).
7. To prepare topping: Just before serving, beat cream with 1 tablespoon sugar in a medium bowl with an electric mixer until soft peaks form. Add ½ teaspoon vanilla and continue to beat until stiff peaks form. Gently fold in 2 tablespoons pumpkin puree. Remove the pan sides and slice the torte. Serve each portion with a dollop (about 1 tablespoon) of the pumpkin whipped cream.
Per serving: 194 calories; 11 g fat (5 g sat, 4 g mono); 67 mg cholesterol; 25 g carbohydrate; 18 g added sugars; 4 g protein; 3 g fiber; 97 mg sodium; 207 mg potassium. **Nutrition bonus:** Vitamin A (90% daily value).

Chocolate

The ancient Mayans were the first to cultivate the cacao bean and process it into chocolate. Both the Mayans and the Aztecs after them beat the chocolate into a thick, frothy drink with water, spices, chile and cornmeal that was enjoyed mainly by royalty and in religious ceremonies.

Make Thanksgiving Perfect
Arm yourself with our complete guide to a delicious Thanksgiving meal, including how to carve a turkey, at **eatingwell.com/go/thanksgiving**

Quinoa
Quinoa, which is native to the Andes, comes in red and white (below right). It is one of the only plant foods that is a complete protein, meaning it has balanced quantities of 9 essential amino acids.
Amaranth
Grown as an ornamental for its pretty blooms as well as for its grains, amaranth is a boon for vegetarians because it's high in both iron and zinc, nutrients that can be tough to get in a vegetarian diet.
Cornmeal
The cradle of corn is southern Mexico, where scientists found milling tools with maize residue dating back almost 9,000 years. Cornmeal, which has a fraction of the calories of other grains, is also sometimes labeled "polenta."
Wild Rice
Chewy and nutty wild rice, which has fewer carbs and more protein than brown rice, is actually not a rice, but an aquatic grass grown extensively in the Midwest around the Great Lakes.

Transform healthy whole grains into appetizers, sides, mains and more that will be the talk of all your holiday meals

Amazing Grains

The Americas are blessed with amber fields of corn, grassy rivers of wild rice, waving hillsides of quinoa and acres of amaranth. And our native grains have been staples, sustaining indigenous populations for thousands of years. Yet today, these grains remain underrated, despite the fact that they're packed with fiber, rich in essential nutrients and happen to be gluten-free too. So this year we invite you to dress up these healthy grains as standout additions to your holiday celebrations. Take quinoa, for example: combine it with smoked salmon in little cakes, sizzle them in oil, and its delicate popping texture turns crunchy and irresistible. Or use robust flavored wild rice as the backbone of a vegetarian pilaf studded with Brussels sprouts and sweet potatoes and scented with saffron. Taste these recipes and you may find that these native grains become pantry staples as well as stars of your dinner table.

BY MARIA SPECK
PHOTOGRAPHY BY ERICA ALLEN

Quinoa Salad with Oranges, Beets & Pomegranate

h♥f h♥h

Makes: 8 servings, 1¼ cups each
Active time: 1 hour 10 minutes **Total:** 1½ hours
To make ahead: Cover and refrigerate beets (Steps 1 & 2) and quinoa (Step 3) in separate containers for up to 1 day. Prepare the salad up to 2 hours ahead; garnish just before serving

Roasted beets and sweet dates, tangy oranges and juicy pomegranate seeds make this quinoa salad perfect for the holidays. It pairs beautifully with turkey or roast pork. Quinoa (pronounced *KEEN-wa*) is a nutrient-rich grain that was a staple in the ancient Incan diet. It's available at most large supermarkets. Red quinoa, which you can commonly find in stores where white quinoa is sold, gives the dish a stunning color. If you can only find white, that's fine too.

- **3 medium beets (about 1¼ pounds)**
- **2 cups vegetable broth**
- **1½ cups water**
- **2 cups red quinoa**
- **½ teaspoon salt**
- **3 medium oranges**
- **1 tablespoon sherry vinegar *or* freshly squeezed lemon juice**
- **½ teaspoon salt**
- **½ teaspoon freshly ground pepper**
- **3 tablespoons extra-virgin olive oil**
- **¼ cup plus 2 tablespoons finely chopped fresh parsley, divided**
- **½ cup chopped pitted dates**
- **1 whole pomegranate, seeded (*see Tip, page 94*)**

1. Position rack in center of oven; preheat to 350°F.
2. Trim the root end of the beets and remove any greens (reserving for another use); rinse and pat dry. Wrap individually in foil. Roast until tender, 1 to 1¼ hours, depending on size. (*Alternatively, place beets in a microwave-safe dish, add ¼ cup water, cover loosely and microwave on High until the beets are tender, about 10 minutes, depending on size.*)
3. Meanwhile, bring broth, water, quinoa and salt to a boil in a large saucepan. Reduce heat, cover and simmer until the liquid is absorbed, about 20 minutes. Transfer the quinoa to a large serving bowl.
4. Zest and juice 1 orange. Place the juice in a medium bowl. Working over another bowl, cut the remaining 2 oranges into segments (*see Tip, below*) and set aside. Measure the juice from the first orange—if it isn't quite ⅓ cup, squeeze the juice from the membranes until you get ⅓ cup. Add the zest, vinegar (or lemon juice), salt and pepper to the juice; gradually whisk in oil in a thin stream until well combined. Stir in ¼ cup parsley.
5. When cool enough to handle, peel and dice the roasted beets. Add to the quinoa along with dates and gently combine. Pour the dressing over the salad and gently toss to coat. Serve garnished with the reserved orange segments, pomegranate seeds and the remaining 2 tablespoons parsley.
Per serving: 305 calories; 8 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 8 g protein; 8 g fiber; 449 mg sodium; 625 mg potassium. **Nutrition bonus:** Calcium (59% daily value), Magnesium (28% dv), Potassium (18% dv), Iron (16% dv).

TIP To segment citrus, slice both ends off the fruit. Use a sharp knife, remove the peel and white pith, discard. Working over a bowl, cut the segments from their surrounding membranes. Squeeze juice into the bowl before discarding membrane. If desired

Quinoa Cakes with Smoked Salmon

Makes: 32 (2-inch) cakes
Active time: 1 hour **Total:** 1¾ hours
To make ahead: Cover and refrigerate quinoa (Step 1) and lemon sour cream (Step 2) in separate containers for up to 1 day. Form quinoa cakes (Step 3) up to 6 hours ahead.

Enjoy these crisp quinoa cakes with lemony sour cream as an appetizer. Rinsing removes any residue of saponin, quinoa's natural, bitter protective covering. Most quinoa available in the U.S. has been "scrubbed" of its bitter outer coating—check the label to see if you need to rinse it first. (*Photograph: page 66.*)
To Make It Gluten-Free: Substitute homemade coarse dry breadcrumbs made from gluten-free bread in place of the whole-wheat breadcrumbs.

- **1¼ cups water**
- **¾ cup quinoa**
- **8 ounces smoked wild Alaskan salmon, diced**
- **2 large eggs plus 1 large egg white, lightly beaten**
- **½ cup coarse dry breadcrumbs, preferably whole-wheat (*see Tip, page 94*)**
- **½ cup finely chopped scallions**
- **½ cup finely chopped fresh dill, plus small sprigs for garnish**
- **1 teaspoon finely grated lemon zest**
- **½ teaspoon freshly ground pepper**
- **6 teaspoons extra-virgin olive oil, divided**

Lemon Sour Cream

- **1 cup reduced-fat sour cream**
- **1½ teaspoons finely grated lemon zest**
- **½ teaspoon freshly squeezed lemon juice**

1. Bring water and quinoa to a boil in a medium saucepan. Reduce heat to maintain a simmer, cover and cook until the water is absorbed, 10 to 15 minutes. Transfer the quinoa to a large bowl and spread out to cool, about 15 minutes.
2. To prepare lemon sour cream: Combine sour cream, lemon zest and lemon juice in a small bowl. Cover and refrigerate until ready to serve.
3. To prepare quinoa cakes: Add salmon, eggs, breadcrumbs, scallions, chopped dill, lemon zest and pepper to the quinoa. Using your hands, thoroughly combine and squeeze the mixture to bring it together. Using 2 rounded tablespoons of the mixture for each and keeping your hands damp, form 32 small cakes, about ¾ inch thick and 2 inches wide, pressing firmly to help them hold together. Place the cakes on a large baking sheet and/or a large plate. Cover with plastic wrap and refrigerate for at least 30 minutes (or up to 6 hours).
4. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat until it shimmers. Reduce heat to medium.

Food stylist: Katie Webster; Assistant: Liz Neily; Prop stylist: Claudia Vernon.

Quinoa Salad with Oranges, Beets & Pomegranate

Quinoa Cakes with Smoked Salmon

Pilaf with Sweet Potatoes & Brussels Sprouts

Here's a tasty way to get the recommended 3 daily servings of whole grains: these crisp quinoa-salmon cakes with sour cream and dill, a hearty wild rice pilaf and warm cornbread.

Cranberry Cornbread

Gently add about one-third of the cakes and cook, carefully turning once with a spatula, until golden brown, 3 to 4 minutes on each side. Repeat twice more, wiping out the pan between batches, if necessary, and reducing the heat if the pan gets too hot. Serve warm or at room temperature, garnished with 1½ teaspoons each lemon sour cream and a sprig of dill, if desired.

Per cake with 1½ tsp. sour cream: 51 calories; 3 g fat (1 g sat, 1 g mono); 16 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 3 g protein; 0 g fiber; 67 mg sodium; 57 mg potassium.

Wild Rice Pilaf with Sweet Potatoes & Brussels Sprouts

how to make it gluten-free

Makes: 6 main-dish (1½ cups) *or* 12 side-dish (¾ cup) servings
Active time: 45 minutes **Total:** 1¾ hours
Cost per main-dish serving: under $3

Wild rice, which was revered by Native Americans as a "gift from the Great Spirit," is intensely aromatic so it's a great match for the bold flavors of saffron and Madeira in this pilaf. Roasted sweet potatoes and Brussels sprouts studded on top give it a festive look and help make it filling enough for a vegetarian main dish. Or add it to your table as a colorful side dish.

- **4 tablespoons extra-virgin olive oil, divided**
- **1 medium onion, chopped**
- **1 medium red *or* yellow bell pepper, chopped**
- **2 cups sliced mushrooms (8 ounces)**
- **1 tablespoon minced garlic**
- **½ teaspoon salt plus a pinch, divided**
- **½ teaspoon freshly ground pepper plus a pinch, divided**
- **½ cup Madeira, preferably medium dry, *or* sherry**
- **2 tablespoons tomato paste**
- **1½ cups wild rice (about 10 ounces)**
- **1 14-ounce can diced tomatoes, preferably fire-roasted**
- **2 cups mushroom *or* vegetable broth**
- **1½ cups water**
- **¼ teaspoon crumbled saffron**
- **2 cups halved Brussels sprouts**
- **1 small sweet potato, peeled and cut into 1-inch cubes**

1. Heat 2 tablespoons oil in a large ovenproof skillet over medium heat. Add onion, bell pepper, mushrooms, garlic and ¼ teaspoon each salt and pepper; cook, stirring occasionally, until the mushroom liquid has evaporated, 10 to 12 minutes. Whisk Madeira (or sherry) and tomato paste in a small bowl, add to the skillet. Cook, stirring, until the liquid turns syrupy and is almost absorbed, about 2 minutes.
2. Add wild rice, tomatoes, broth, water, saffron and ¼ teaspoon each salt and pepper. Bring to a boil over medium-high heat. Reduce heat, cover and simmer for 40 minutes. Uncover and simmer until the rice is tender and most of the grains are "popped," 20 to 30 minutes more.
3. Meanwhile, preheat oven to 400°F.
4. Toss Brussels sprouts and sweet potato with the remaining 2 tablespoons oil and a pinch each of salt and pepper. Spread the vegetables in a single layer on a rimmed baking sheet. Roast, stirring once halfway through, until tender and browned in spots, 18 to 20 minutes.
5. Reduce oven temperature to 350°.
6. When the rice is done, arrange the roasted vegetables decoratively on top of it. Transfer the skillet to the oven to heat through before serving, 5 to 10 minutes.
Per main-dish serving: 334 calories; 10 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 48 g carbohydrate; 2 g added sugars; 10 g protein; 6 g fiber; 609 mg sodium; 602 mg potassium. **Nutrition bonus:** Vitamin C (107% daily value), Vitamin A (97% dv), Magnesium (24% dv), Folate & Zinc (20% dv), Potassium (18% dv).

Cranberry Cornbread

how to make it gluten-free

Makes: 10 servings
Active time: 15 minutes **Total:** 45 minutes

Cornbread gets a festive makeover with the addition of fresh and dried cranberries. If you like your cornbread on the sweeter side, increase the honey to ½ cup. Whole-grain cornmeal (with the nutritious germ and fiber-rich bran left intact) is increasingly available in well-stocked supermarkets. Look for "whole grain" on the label. For this recipe, we recommend using "fine" whole-grain cornmeal.
To Make It Gluten-Free: Use a gluten-free flour blend in place of the whole-wheat flour.

- **2 cups fine whole-grain cornmeal**
- **¾ cup whole-wheat pastry flour *or* white whole-wheat flour (*see Tip, page 94*)**
- **1 teaspoon baking powder**
- **1 teaspoon baking soda**
- **¼ teaspoon salt**
- **2 large eggs**
- **1½ cups buttermilk**
- **⅓ cup extra-virgin olive oil**
- **⅓ cup honey**
- **1 tablespoon finely grated orange zest**
- **¾ cup fresh cranberries, rinsed and patted dry, *or* frozen (*not* thawed)**
- **⅓ cup dried cranberries**

1. Preheat oven to 400°F. Coat a 10-inch cast iron skillet (or 9-inch metal cake pan) with cooking spray.
2. Set aside 2 tablespoons cornmeal in a small bowl. Whisk the remaining cornmeal, whole-wheat flour, baking powder, baking soda and salt in a large bowl. Lightly whisk eggs in a medium bowl, then whisk in buttermilk, oil, honey and orange zest until smooth. Make a well in the center of the dry mixture. Pour in the wet ingredients and stir with a rubber spatula until just combined. Do not overmix; the batter should look lumpy.
3. Toss fresh and dried cranberries with the reserved cornmeal. (This will prevent the fruit from sinking to the bottom during baking.) Gently fold the cranberries and cornmeal into the batter. Scrape the batter into the prepared skillet (or pan).
4. Bake the cornbread until the edges turn golden brown and a toothpick inserted into the center comes out with a few moist crumbs, 25 to 30 minutes. Let stand for 15 minutes before cutting into wedges. Serve warm.
Per serving: 268 calories; 10 g fat (2 g sat, 6 g mono); 39 mg cholesterol; 41 g carbohydrate; 12 g added sugars; 5 g protein; 3 g fiber; 295 mg sodium; 155 mg potassium.

Amaranth Pudding with Amaretto Cream

Amaranth Pudding with Amaretto Cream

Makes: 8 servings, about ⅔ cup each **Active time:** 45 minutes **Total:** 2¾ hours **To make ahead:** Prepare pudding (Steps 1 & 2) up to 2 days ahead.

Amaranth grains, which are as tiny as poppy seeds, make this comforting, amaretto-spiked pudding creamy and delicious. Amaranth, rich in protein and minerals, such as calcium and magnesium, has been cultivated in Central America for an estimated 5,000 to 8,000 years. When cooked, it has a thick, porridge-like texture—great in soups, stews, breakfast porridge or puddings. Find it in the natural foods section of well-stocked supermarkets or in natural foods stores.

To Make It Gluten-Free: Most Italian amaretti cookies are made without ingredients that contain gluten, but not all brands are made in a gluten-free facility. If you are gluten-sensitive, use almond flavored gluten-free cookies for the topping instead.

Pudding

- **3-3½ cups water**
- **1½ cups amaranth**
- **1 3-inch cinnamon stick**
- **¾ cup half-and-half**
- **¾ cup nonfat milk**
- **¼ cup plus 2 tablespoons turbinado sugar**
- **2 tablespoons amaretto liqueur**
- **1 teaspoon vanilla extract**
- **¼ teaspoon salt**

Amaretto Cream & Topping

- **½ cup whipping cream**
- **1 tablespoon confectioners' sugar**
- **2 teaspoons amaretto liqueur, plus more for drizzle**
- **16 amaretti cookies, divided**

1. To prepare pudding: Combine 3 cups water, amaranth and cinnamon stick in a large heavy pan; bring to a boil over medium-high heat, stirring occasionally with a wooden spoon. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, until thickened and the amaranth is tender and translucent, 18 to 20 minutes. Add ¼ to ½ cup more water if the amaranth starts to stick to the bottom of the pan. Discard the cinnamon stick.
2. Stir in half-and-half, milk, turbinado sugar, 2 tablespoons amaretto, vanilla and salt; return to a simmer, stirring continuously. Reduce heat to maintain a gentle bubble and cook, stirring constantly, until the mixture resembles a thick porridge, 3 to 5 minutes more. Reduce heat further, if necessary, to prevent the pudding from sticking to the pan. (Use caution as you stir; the mixture can splatter as it bubbles.) Divide the pudding among 8 small serving dishes (about ⅔ cup each). Let cool at room temperature for 1 hour. Then cover with plastic wrap and refrigerate until chilled, at least 1 hour.
3. To prepare amaretto cream & topping: When you're ready to serve, whip cream, confectioners' sugar and 2 teaspoons amaretto in a medium bowl with an electric mixer at medium speed until soft peaks form. Crush 8 cookies with your fingers to get coarse crumbs. Top each pudding with about 1 tablespoon of the whipped cream and 1 tablespoon cookie crumbs. Garnish each bowl with 1 whole cookie and a little drizzle of amaretto, if desired.

Per serving: 337 calories; 12 g fat (6 g sat, 3 g mono); 29 mg cholesterol; 48 g carbohydrate; 21 g added sugars; 7 g protein; 2 g fiber; 106 mg sodium; 263 mg potassium. **Nutrition bonus:** Magnesium (25% daily value), Iron (16% dv).

Maria Speck is the author of the award-winning cookbook Ancient Grains for Modern Meals *(Ten Speed Press, 2011).*

More Amazing Grains
Get Maria Speck's recipe for Lemon & Polenta Tart with Figs at **eatingwell.com/go/polenta**

life's DHA™

DHA Omega-3. Your body needs it through *all stages* of life.

*life's*DHA™, a trusted brand of DHA Omega-3.

From diapers to adulthood, there's one thing we all have in common – DHA Omega-3 is important for the health of our brain, eyes and heart. But despite its significance, a typical diet only provides about a third of the recommended DHA intake. Foods and supplements fortified with *life's*DHA™ can provide the rest. And *life's*DHA™ is from a vegetarian source you can trust – not from fish.

life's DHA™ Are you getting enough DHA in your diet? Look for the *life's*DHA™ logo on your favorite foods and supplements.

To learn more, visit www.lifesDHA.com.

Sides to Impress

(without the stress)

If you want to fill your holiday table with vegetable sides that taste outstanding yet are a breeze to make, let fresh produce like Brussels sprouts, grapes, spinach and citrus do the work for you. Prepare them simply, season them subtly, arrange them beautifully and *voila*. These 6 recipes share that magically easy and delicious approach.

BY THE EATINGWELL TEST KITCHEN
PHOTOGRAPHY BY CARIN KRASNER

Creamed Spinach Casserole

how to

Makes: 8 servings, about 1 cup each **Active time:** 25 minutes **Total:** 1¼ hours **To make ahead:** Prepare Steps 2 & 3, refrigerate for up to 1 day. Bring to room temperature before folding in egg whites

This spinach casserole is the more sophisticated cousin to creamed spinach. Serve with roast beef or at Thanksgiving.

- **3 10-ounce packages frozen spinach, thawed**
- **1 cup low-fat milk**
- **¼ cup all-purpose flour**
- **¼ teaspoon salt**
- **¼ teaspoon white *or* black pepper**
- **⅛ teaspoon nutmeg**
- **1 cup extra sharp Cheddar cheese, divided**
- **1 cup low-fat cottage cheese**
- **3 large egg whites**

1. Preheat oven to 350°F. Coat a shallow 2-quart baking dish with cooking spray

2. Press spinach in a mesh strainer to get out as much moisture as possible. Pulse in a food processor until very finely chopped

3. Combine milk, flour, salt, pepper and nutmeg in a large saucepan. Cook over medium heat, whisking, until thickened, 2 to 4 minutes. Remove from the heat and stir in ½ cup Cheddar, cottage cheese and the spinach.

4. Beat egg whites in a large bowl with an electric mixer, slowly increasing the speed, until they begin to foam. Continue to beat until the whites hold their shape, do not overbeat. (You'll know they are ready when you lift the beaters out and the peak doesn't flop over.)

5. Gently fold the whites into the spinach mixture with a rubber spatula until uniform. (It's OK if a few white streaks remain.) Transfer to the prepared baking dish.

6. Bake for 35 minutes. Top with the remaining ½ cup Cheddar; continue baking until the cheese is melted, about 10 minutes more. Let stand for 5 minutes.

Per serving: 142 calories; 6 g fat (3 g sat, 2 g mono); 17 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 14 g protein; 3 g fiber; 388 mg sodium; 476 mg potassium. **Nutrition bonus:** Vitamin A (254% daily value), Calcium (30% dv).

Citrus Salad with Olives & Radicchio

how to

Makes: 10 servings, about 1¼ cups each **Active time:** 40 minutes **Total:** 40 minutes **To make ahead:** Cover and refrigerate onions (Step 1) and dressing (Step 3) in separate containers for up to 1 day

By November fragrant oranges and grapefruit are rolling out of groves and into markets. So take advantage of the season by making this gorgeous bitter greens and citrus salad

- **1 medium red onion, thinly sliced**
- **1 cup white-wine vinegar**
- **2 tablespoons sugar**
- **2 oranges**
- **2 pink *or* red grapefruit**
- **1 clove garlic, minced**
- **¼ teaspoon salt**
- **¼ cup extra-virgin olive oil**
- **4 cups packed torn escarole leaves**
- **4 cups torn radicchio**
- **1 cup fresh parsley leaves**
- **1 cup shredded Manchego *or* crumbled feta cheese**
- **1 cup pitted green olives, quartered**

1. Combine onion, vinegar and sugar in a small saucepan. Bring to a boil; cook, stirring occasionally, for 2 minutes. Strain through a fine-mesh sieve, reserving 6 tablespoons of the cooking liquid in a large bowl. (Discard the rest.) Set the onion and liquid aside separately to cool.

2. Meanwhile, slice off an end of each orange and grapefruit so they stand upright. In careful scupting slices, cut off the remaining peel and white pith. Slice the fruit into ¼ inch-thick rounds. Remove any seeds. Set the rounds aside.

3. To make the dressing, add garlic and

Watch out! This fluffy yet creamy spinach casserole and the splashy citrus salad (*opposite*) are likely to steal the show from your big holiday roast.

Food stylist: Karen Gillingham. Prop stylist: Jennifer Banguilarena. Tabletops from H D Buttercup.

Tip: To toast slivered almonds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Grape & Fennel Salad

salt to the reserved onion-cook ng liquid Whisk in oil unt l wel. combined Reserve 2 tablespoons of the dress ng in a smal bowl

4. Add escaro e, rad cchio and parsley to the dress ng in the arge bowl; toss well to coat. Arrange the greens on a large serving platter. Top with the c trus rounds, the reserved onion, cheese and olives. Drizzle the reserved dress ng over the top.

Per serving: 153 calories, 11 g fat (3 g sat, 6 g mono); 8 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 347 mg sodium; 278 mg potassium. **Nutrition bonus:** Vitamin C (67% dai y value), Vitamin A (41% dv), Folate (20% dv).

Grape & Fennel Salad

h✖w ht f h♥h

Makes: 8 servings, about 1 cup each **Active time:** 30 minutes **Total:** 30 minutes

With th s bright flavored, crunchy salad there's no cooking involved. It's espe cially lovely served w th roast pork loin

- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons champagne vinegar or white-wine vinegar**
- **½ teaspoon fennel seeds, lightly crushed**
- **¼ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **5 cups red and green seedless grapes (about 1¾ pounds), halved**
- **1 large fennel bulb, halved, cored and thinly sliced**
- **3 stalks celery, thinly sliced on the diagonal**
- **4 scallions, thinly sliced on the diagonal**
- **3 tablespoons slivered almonds, toasted (*see Tip, opposite*)**

Whisk oil, vinegar, fennel seeds, salt and pepper in a large bowl. Add grapes, fennel, celery and scallions; toss to coat. Serve topped w th almonds.

Per serving: 127 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cho esterol; 21 g carbohydrate; 0 g added sugars; 2 g protein; 3 g fiber; 103 mg sodium; 384 mg potassium. **Nutrition bonus:** V tamin C (27% daily value)

Unexpected produce, such as grapes and fennel (*opposite*) or Belgian endive (*above*), adds something new and special to holiday meals.

Braised Endive

h✖w ht f h♥h

Makes: 6 servings, 2 halves each **Active time:** 15 minutes **Total:** 45 minutes

Often a scoop for appetizers, Belgian endives also make an outstanding s de dish. S ow braising in an aromatic broth tames their sharp flavor and makes them meltingly tender. Serve with roast chicken and acorn squash.

- **1 tablespoon extra-virgin olive oil**
- **½ cup fresh coarse whole-wheat breadcrumbs (*see Tip, page 94*)**
- **1 tablespoon chopped fresh parsley**
- **4 teaspoons butter, divided**
- **6 medium heads Belgian endive, halved**
- **1 cup reduced-sodium chicken broth**
- **1 clove garlic, crushed**
- **1 sprig fresh thyme**
- **½ teaspoon sugar**
- **¼ teaspoon salt**

1. Heat oil in a large skillet over medium heat Add breadcrumbs and parsley and cook, stirring, until the breadcrumbs are brown and crispy, 2 to 4 minutes. Transfer to a plate; wipe out the pan

2. Return the pan to medium heat and melt 2 teaspoons butter. Add 6 endive halves, cut-side down, and cook until beginning to brown, 2 to 3 minutes. Transfer to a cutting board. Repeat with the remaining 2 teaspoons butter and endive

3. Add the first batch of endive back to the pan. Pour in broth and add garlic, thyme, sugar and salt. Cook, turning the endive every 10 minutes or so, until the l quid has evaporated completely and the endive is g.azed, about 30 minutes total. Transfer the endive to a platter. (Discard garlic and thyme) Serve sprinkled with the reserved breadcrumbs.

Per serving: 77 calories, 5 g fat (2 g sat, 3 g mono); 7 mg cholesterol; 7 g carbohydrate; 1 g added sugars; 2 g prote n; 4 g fiber; 214 mg sodium; 269 mg potassium.

Classic Sides Made Healthier
Don t miss our rec pes for lighter versions of Green Bean Casserole Sweet Potato Casserole & more at **eatingwell.com/go/holidaysides**

Twice-Baked Potatoes with Horseradish & Caviar

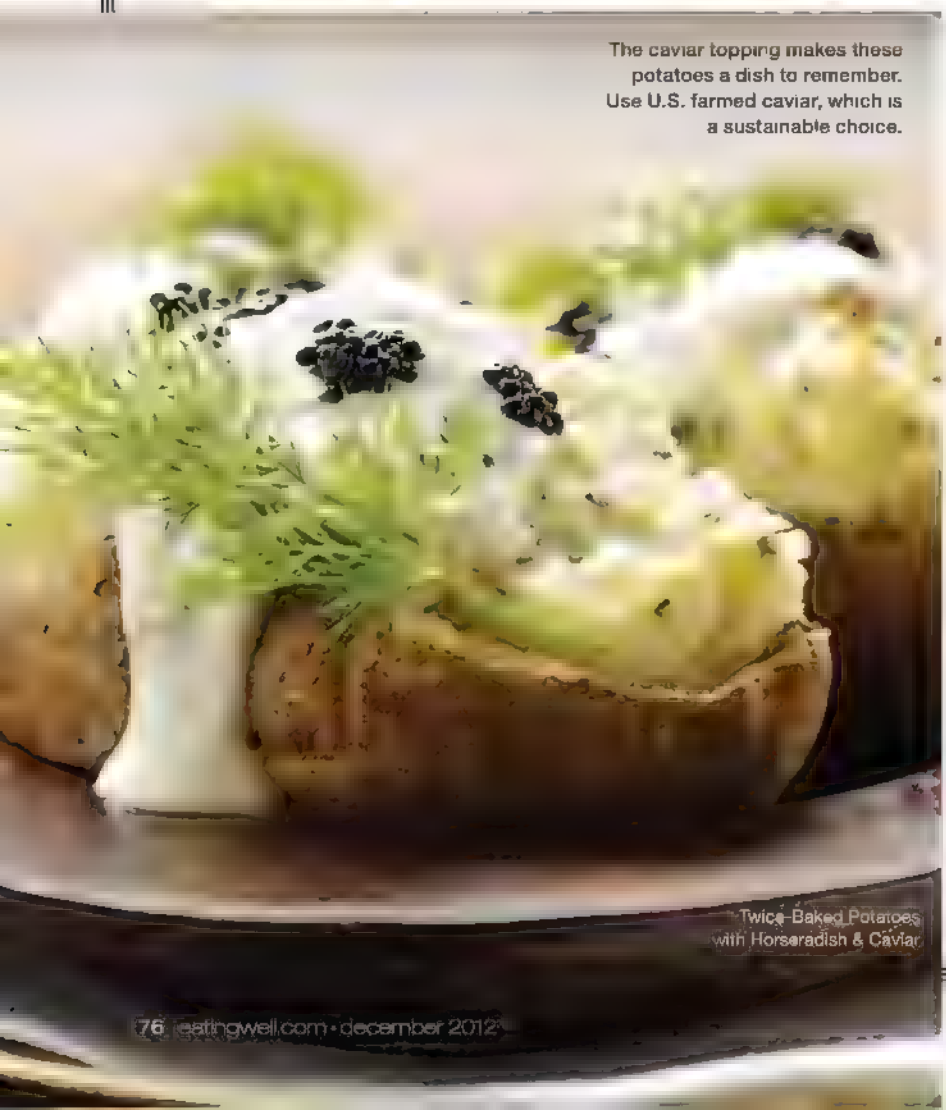
h✕w h♥h

Makes: 4 servings, ½ potato each
Active time: 15 minutes **Total:** 1½ hours

Here twice-baked potatoes put on their holiday best. If oven space is limited these can be made in the microwave

- **2 medium russet potatoes, scrubbed**
- **½ cup reduced-fat sour cream, divided**
- **¼ cup low-fat milk**
- **2 tablespoons prepared horseradish**
- **1 tablespoon chopped fresh chives**
- **1 teaspoon chopped fresh dill, plus sprigs for garnish**
- **¼ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **2 teaspoons caviar**

1. Preheat oven to 400°F
2. Pierce potatoes in several places with a fork. Bake directly on the center rack until tender, 45 to 60 minutes. (*Alternatively, microwave on Medium, turning once or twice, until soft, about 20 minutes.*)
3. Reduce oven temperature to 375°.
4. When the potatoes are cool enough to handle, cut in half and scoop the insides into a bowl. Place the skins in a small baking dish. Add ¼ cup sour cream, milk, horseradish, chives, chopped dill, salt and pepper to the potato insides. Beat with an electric mixer or mash with a potato masher until smooth; divide among the potato skins
5. Bake the stuffed potatoes until the filling is hot, 15 to 20 minutes. (*Or microwave until hot, 2 to 4 minutes.*)
6. To serve, top each half with 1 tablespoon of the remaining sour cream, ½ teaspoon caviar and a dill sprig
Per serving: 142 calories; 4 g fat (2 g sat, 1 g mono); 28 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 4 g protein; 2 g fiber; 240 mg sodium; 565 mg potassium. **Nutrition bonus:** Potassium & Vitamin C (17% daily value).



The caviar topping makes these potatoes a dish to remember. Use U.S. farmed caviar, which is a sustainable choice.

Twice-Baked Potatoes with Horseradish & Caviar

Roasted Vegetable Antipasto

h✕w h!f h♥h

Makes: 6 servings, about ¾ cup each
Active time: 45 minutes **Total:** 1 hour

A pungent vinaigrette makes these roasted vegetables pop. If you can't find small carrots, halve larger ones crosswise then quarter lengthwise. Serve as a side or appetizer. (*Photograph: page 70.*)

- **12 medium Brussels sprouts**
- **4 teaspoons extra-virgin olive oil plus 2 tablespoons, divided**
- **1 large fennel bulb, halved, cored and cut into ¼-inch wedges**
- **12 very small, thin carrots (8 ounces)**
- **1 large beet, preferably golden, sliced into ¼-inch rounds**
- **1 teaspoon kosher salt, divided**
- **1 large clove garlic, minced**
- **2 tablespoons lemon juice**
- **1 teaspoon capers, chopped**
- **1 anchovy fillet, minced (optional)**

1. Position racks in upper and lower thirds of oven; preheat to 425°F
2. Trim and halve Brussels sprouts; toss with 1 teaspoon oil in a medium bowl. Spread in a single layer on half of a large baking sheet. Toss fennel in the bowl with another 1 teaspoon oil; spread on the other half of the pan. Toss carrots in the bowl with another 1 teaspoon oil and spread on half of a second baking sheet. Toss beet slices with another 1 teaspoon oil; spread on the other half of the pan. Sprinkle the vegetables with ½ teaspoon salt.
3. Roast the vegetables, stirring once halfway through and rotating the baking sheets top to bottom and front to back, until soft and beginning to caramelize, 25 to 30 minutes. Arrange on a serving platter
4. Meanwhile, mash garlic and the remaining ½ teaspoon salt in a small bowl with the back of a spoon until a paste forms. Add lemon juice, capers and anchovy (if using). Whisk in the remaining 2 tablespoons oil; drizzle over the vegetables.
Per serving: 117 calories; 8 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 2 g protein; 4 g fiber; 252 mg sodium; 426 mg potassium. **Nutrition bonus:** Vitamin A (126% daily value), Vitamin C (57% dv).

It's time to think about
Thanksgiving.
Of course,
Bonnie's been on it
for months.
THANKSGIVING
CENTRAL
her mind. And for months, she's
been concentrating on raising the
well water and fresh air. The result
is the most delicious antibiotic-free
Scan here or visit our website for
and how-to tips and info
Plainville
www.plainvillefarms.com

A Slice of He

Go beyond basic apple or pumpkin and try one of these out-of-this-world holiday pies

BY STACY FRASER • PHOTOGRAPHY BY PETER ARDITO

The first time I made a pie with my mom, I was too small to reach the counter without a stool. Most of my memories from childhood are faded snapshots, but I clearly remember that lemon meringue pie. We filled a homemade crust with silky lemon curd, then shaped the fluffy meringue topping into playful peaks. My family cheered as I carefully carried that pie into our dining room, grinning ear to ear.

During the holidays, my two sisters and I continue the tradition of baking special pies. We gather at our parents' home and start by thumbing through Mom's handwritten recipe cards stuffed into a small pink binder. We look for classics, like apple pie, and dream up ways to embellish them: this year, streusel- and Cheddar-topped mini apple pies instead of a traditional deep-dish. Or we take a favorite like sweet potato pie and add a cream cheese swirl to the top. We work around the island in their kitchen; aunts and uncles, kids and cousins dart in and out, taking turns measuring and mixing.

To inspire you to bake with loved ones this season, I've created five pies that are fancy enough for the holidays, but simple enough for a novice baker. (Only one has a crust that needs a rolling pin and all can be made in an hour or less.) Busy cooks will adore the chocolate cream pie. It can be prepared ahead and though it tastes rich, it saves 250 calories and 16 grams of saturated fat per serving versus a traditional version. In fact, all the pies include my favorite *EatingWell* tricks—whole-grain flour, low-fat dairy and judicious amounts of butter—to make them healthier without sacrificing flavor. And for lovers of lemon meringue pie, there's my new favorite slice of heaven: cranberry meringue pie with gorgeous garnet filling and pat-in-the-pan shortbread crust.

This year, when we're baking holiday pies, I'll pull two stools up to the counter so my own children can join in the tradition.

Cranberry Meringue Pie

h†f h♥h

Makes: 10 servings
Active time: 45 minutes **Total:** 4 hours

If you're a fan of lemon meringue pie, you'll love this festive cranberry meringue pie. For the fluffiest meringue, set your eggs out at room temperature for about 15 minutes or submerge (in the shell) in a bowl of lukewarm water for 5 minutes before beating—egg whites at room temperature will gain more volume than cold whites.

Crust

- ¾ cup white whole-wheat flour (*see Tip, opposite*) *or* all-purpose flour
- ½ cup granulated sugar
- ¼ teaspoon salt
- 3 tablespoons canola oil
- 2 tablespoons butter, softened

Filling

- 1 12-ounce bag cranberries, fresh *or* frozen, thawed
- 1 cup orange juice
- ¾ cup granulated sugar
- 1 large egg
- 3 large eggs, separated

Meringue Topping

- ¼ teaspoon cream of tartar Pinch of salt
- ⅓ cup granulated sugar
- 1 teaspoon vanilla extract

Cranberry Meringue Pie

aven

PRETTY AS PIE

To make beautiful meringue peaks, use the back of a teaspoon or small offset spatula. Dip it into the meringue and quickly pull straight up, creating a little peak. Start at the center of the pie and repeat until the top is covered

...all-purpose or white whole-wheat flour in this crust. The advantage of white whole-wheat: it's a whole grain so it has more fiber and nutrients. Look for it in well-stocked supermarkets, and online at *bobsredmill.com* or *kingarthurflour.com*. Store in the freezer.

EASY AS PIE

Sweet Potato Pie
with Cream Cheese Swirl

1. Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray.
2. **To prepare crust:** Stir flour, ½ cup sugar and ¼ teaspoon salt in a medium bowl. Stir in oil and butter with a fork until well blended and crumbly (it should look like wet sand). Using the back of a spoon, firmly press the dough into the bottom and up the sides of the prepared pan. Bake the crust until it just begins to brown, about 20 minutes. (Keep the oven on for Step 4.)
3. **To prepare filling:** Meanwhile, combine cranberries and orange juice in a medium saucepan. Bring to a boil over high heat and cook, stirring occasionally, until all the cranberries are beginning to break down, 5 to 6 minutes. Pour through a fine-mesh sieve into a medium bowl, pressing on the solids to extract all the juice. Whisk ¾ cup sugar into the juice until combined. Whisk in whole egg and 3 egg yolks. Return the cranberry mixture to the saucepan and cook over medium heat, stirring constantly and vigorously, until it thickens and just starts to bubble as you are stirring, 4 to 5 minutes. Pour the warm filling into the warm crust. Set aside while you prepare the meringue topping.
4. **To prepare topping:** Beat the 3 egg whites in a large bowl with an electric mixer on medium speed until frothy. Add cream of tartar and pinch of salt and beat at high speed until soft peaks form. Very slowly add ⅓ cup sugar, beating constantly, until the mixture holds stiff, shiny peaks. Beat in vanilla. Spoon the meringue over the filling, then gently spread to the edges of the crust. Make peaks in the meringue with the back of a spoon or a small off-set spatula. Bake until the top is lightly browned, about 15 minutes. Cool the pie on a wire rack to room temperature, at least 3 hours, before serving.

Per serving: 268 calories; 8 g fat (2 g sat, 4 g mono); 80 mg cholesterol; 46 g carbohydrate; 32 g added sugars; 4 g protein; 3 g fiber; 100 mg sodium; 133 mg potassium. **Nutrition bonus:** Vitamin C (29% daily value).

More Holiday Desserts
Go beyond pie with our recipes for trifles, holiday cakes, a yule log & more at **eatingwell.com/go/holidaydesserts**

Food stylists: Stacy Fraser, Patsy Jamieson. Prop stylist: Tania Kraft

Sweet Potato Pie with Cream Cheese Swirl

how how

Makes: 10 servings
Active time: 30 minutes **Total:** 4½ hours
To make ahead: Loosely cover and refrigerate for up to 1 day. Let stand at room temperature for 30 minutes before serving, blot any moisture on the top as needed.

This creamy sweet potato pie is seasoned like a pumpkin pie with plenty of cinnamon and nutmeg and gets nice ginger flavor from the gingersnap crust. For the best flavor, roast sweet potatoes in the oven; in a pinch, microwave them instead.

- **2 medium-large sweet potatoes**
- **6 ounces crisp gingersnap cookies (26-28 small cookies)**
- **2 tablespoons canola oil**
- **¾ cup packed light brown sugar**
- **¾ cup nonfat vanilla Greek yogurt, divided**
- **2 large eggs**
- **1 large egg yolk**
- **¾ teaspoon ground cinnamon**
- **¼ teaspoon ground nutmeg**
- **¼ cup (2 ounces) reduced-fat cream cheese (Neufchâtel)**
- **2 tablespoons confectioners' sugar**
- **¼ teaspoon ground ginger**

1. Preheat oven to 400°F.
2. Tightly wrap sweet potatoes in foil and place on a baking sheet. Roast until very tender, about 1¼ hours. Carefully unwrap and set aside to cool.
3. Reduce oven temperature to 350°.
4. Process gingersnaps in a food processor until finely ground. Transfer to a bowl, add oil and stir until well combined. Using a spoon, spread and pat the crumbs into the bottom and up the sides of a 9-inch pie pan. Bake until just barely beginning to darken, about 10 minutes.
5. Clean and dry the food processor workbowl. Peel the sweet potatoes and transfer to the food processor. Puree until smooth. Measure out 1½ cups (if you have extra puree, reserve it for another use). Return the 1½ cups puree to the food processor. Add brown sugar, ½ cup yogurt, eggs, egg yolk, cinnamon and nutmeg; pulse just until combined. Spread the sweet potato filling in the warm crust.
6. Clean and dry the workbowl again. Add the remaining ¼ cup yogurt, cream cheese, confectioners' sugar and ginger; puree until smooth, stopping to scrape down the sides once or twice. Dollop tablespoonfuls of the cream cheese mixture onto the filling, spacing them evenly. Draw the tip of a wooden skewer or a thin knife through the cream cheese mixture and sweet potato filling repeatedly to create a swirled design.
7. Bake the pie until firm to the touch and starting to puff around the edges, 45 to 50 minutes. Let cool completely on a wire rack, at least 2 hours.

Per serving: 242 calories; 7 g fat (2 g sat, 4 g mono); 60 mg cholesterol; 40 g carbohydrate; 22 g added sugars; 5 g protein; 2 g fiber; 153 mg sodium; 270 mg potassium. **Nutrition bonus:** Vitamin A (135% daily value).

Mini Apple Pies with Cheddar

how

Makes: 1 dozen
Active time: 1 hour **Total:** 2 hours
To make ahead: Prepare crust (Step 2) and topping (Step 6), cover and refrigerate separately for up to 3 days. **Equipment:** Muffin tin with 12 (½-cup) cups

At the end of a big meal, these darling mini pies will give you just a bit of something sweet. The melted wedge of Cheddar on top is a nod to the New England tradition of serving cheese with apple pie.

Crust

- **⅔ cup pecans**
- **6 tablespoons granulated sugar**
- **½ teaspoon salt**
- **1¾ cups white whole-wheat flour *(see Tip, page 79)* or all-purpose flour**
- **6 tablespoons cold unsalted butter, cut into small pieces**
- **1 large egg, lightly beaten**
- **1 tablespoon water**

Filling

- **4 large crisp, sweet apples, such as Honeycrisp or Gala, unpeeled, diced**
- **⅓ cup packed light brown sugar**
- **3 tablespoons lemon juice**
- **1 teaspoon ground cinnamon**

Mini Apple Pies with Cheddar

- ⅛ teaspoon ground nutmeg
- 1 tablespoon white whole-wheat flour *or* all-purpose flour

Topping

- ⅓ cup old-fashioned rolled oats
- 2 tablespoons white whole-wheat flour *or* all-purpose flour
- 2 tablespoons packed light brown sugar
- 2 tablespoons canola oil
- ¼ teaspoon ground cinnamon
- Pinch of salt
- 12 small wedges Cheddar cheese (about 3 ounces)

1. Preheat oven to 400°F. Coat 12 (½-cup) muffin cups with cooking spray.
2. To prepare crust: Combine pecans, granulated sugar and salt in a food processor; pulse until the nuts are finely ground. Add 1¾ cups flour; pulse to combine. With the motor running, add butter a few pieces at a time until well incorporated. Then add egg and water and process until starting to clump together. Using about ¼ cup each, press the dough into the bottom and all the way up the sides of each muffin cup to form a crust. Prick the bottom with a fork.
3. Bake until the crusts are set and the edges are just beginning to brown, 6 to 8 minutes. Let cool on a wire rack.
4. Reduce oven temperature to 350°.
5. To prepare filling: Combine apples, ⅓ cup brown sugar, lemon juice, 1 teaspoon cinnamon and nutmeg in a large saucepan. Place over medium-high heat and cook, stirring frequently, until the sugar melts, about 1 minute. Reduce the heat to medium, cover and cook, stirring occasionally, just until the apples start to soften, 6 to 8 minutes. Remove from the heat and stir in 1 tablespoon flour. Divide the filling among the crusts (about 2 tablespoons each).
6. To prepare topping: Combine oats, 2 tablespoons each flour, brown sugar and oil, ¼ teaspoon cinnamon and pinch of salt in a medium bowl. Press the topping onto each mini pie (about 1 tablespoon each).
7. Bake until the topping is beginning to brown, 20 to 25 minutes. Remove from the oven and nestle a cheese wedge in the center of each pie. Return to the oven and bake until the cheese is melted, about 5 minutes more. Let cool at least 15 minutes before serving. Run a sharp knife around the edge of each mini pie to loosen it, then gently pry from the muffin tin with a butter knife. Serve warm.

Per mini pie: 318 calories; 15 g fat (6 g sat, 6 g mono); 38 mg cholesterol; 43 g carbohydrate; 15 g added sugars; 6 g protein; 5 g fiber; 163 mg sodium; 171 mg potassium.
Nutrition bonus: Iron (18% daily value).

Chocolate Cream Pie

Makes: 10 servings
Active time: 1 hour **Total:** 4 hours (including 3 hours chilling time)
To make ahead: Prepare through Step 4 and refrigerate for up to 1 day. Decorate just before serving.

Chocolate cream pie isn't just a diner special—it's the perfect dessert for any celebration. We love the added flair of chocolate curls on top, but a pretty dollop of whipped cream on each piece would look just as elegant.

Crust

- 7 ounces chocolate wafer cookies (about 32 small cookies)

YUMMY AS PIE

...orthy chocolate curls, start by ...softening a block of bittersweet or ...semisweet chocolate just a tad ...microwave on 20% power (Low) in ...15-second bursts until just barely ...softened, not warm. Use a vegetable ...peeler to shave the chocolate into cu...

Spend some quality time with your little helpers.

You'll have a ball creating **Rice Krispies Gluten Free Tree Trimmer Treats.™**

Childhood is calling.™

ricekrispies.com

- 2 tablespoons canola oil
- 2 tablespoons low-fat milk

Filling

- ⅔ cup granulated sugar
- ¼ cup cornstarch
- Pinch of salt
- 2½ cups low-fat milk
- 2 large eggs
- 4 ounces chopped bittersweet chocolate

Topping

- ½ cup whipping cream
- 1 teaspoon vanilla extract
- Chocolate curls for garnish (*see page 83*)

1. Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray.
2. **To prepare crust:** Process chocolate wafers in a food processor until finely ground. Add oil and milk; pulse until combined. Using your hands, press the mixture into the bottom and up the sides of the prepared pie pan. Bake for 12 minutes. Transfer to a wire rack.
3. **To prepare filling:** Combine sugar, cornstarch and salt in a large saucepan. Whisk milk and eggs in a medium bowl, then whisk into the sugar mixture. Cook over medium-low heat, stirring constantly, until bubbles begin to form around the edges. Cook, stirring vigorously, for 2 minutes more. Strain through a sieve into a large bowl. Whisk in chocolate until completely melted.
4. Pour the filling into the crust. Press a piece of plastic wrap directly on the surface to prevent a "skin" from forming. Refrigerate until firm, about 3 hours.
5. **To prepare topping & decorate pie:** Just before serving, beat cream and vanilla in a bowl with an electric mixer until soft peaks form. Smooth any lines on the pie's surface with the back of a spoon. Spoon or pipe (with a pastry bag) 10 dollops of whipped cream around the edge of the pie. Garnish with chocolate curls.

Per serving: 309 calories, 15 g fat (6 g sat, 5 g mono); 57 mg cholesterol, 42 g carbohydrate; 19 g added sugars, 6 g protein; 2 g fiber; 199 mg sodium; 162 mg potassium

Pretty Pie Crusts
See how to crimp crust with our technique photos at **eatingwell.com/go/piecrust**

Caramelized Pear Custard Pie

Makes: 8 servings
Active time: 1 hour **Total:** 4 hours
To make ahead: Refrigerate the crust (Step 1) for up to 2 days or freeze for up to 3 months.

This pie elevates the humble pear to something heavenly. The pears are lightly caramelized, baked into vanilla custard, then topped with a cinnamon caramel sauce just before serving (*Photograph: page 86.*)

Crust

- 1½ cups white whole-wheat flour (*see Tip, page 79*) or all-purpose flour
- 1 tablespoon granulated sugar
- ¼ teaspoon salt
- 3 tablespoons cold unsalted butter, cut into small pieces
- 3 tablespoons canola oil
- 3 tablespoons ice water, plus more as needed

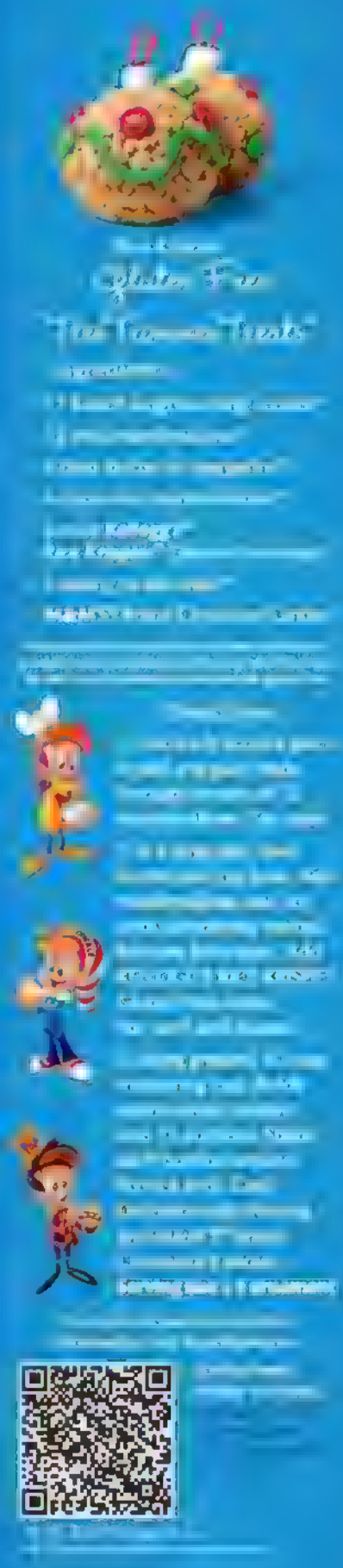
Pears

- 4 small, slender, ripe but firm Bosc pears
- 1 tablespoon butter
- ½ cup packed light brown sugar
- 2 tablespoons water
- ½ teaspoon ground cinnamon
- Pinch of salt

Filling

- 3 tablespoons granulated sugar
- 2 tablespoons cornstarch
- ¼ teaspoon ground cinnamon
- 1 12-ounce can low-fat evaporated milk, divided
- 2 large eggs
- 1 teaspoon vanilla extract
- Pinch of salt

1. **To prepare crust:** Whisk flour, 1 tablespoon granulated sugar and ¼ teaspoon salt in a large bowl. Using your fingers, quickly rub butter into the dry ingredients until the pieces are smaller but still visible. Add oil and toss with a fork to combine. Sprinkle with 3 tablespoons water and toss until evenly moist. Knead the dough in the bowl a few times—the mixture may still be a little crumbly. If it feels dry or doesn't start to clump together as you knead, sprinkle with



Caramelized Pear Custard Pie

SIMPLE AS PIE If you're scared of making pie crust, give this one a try. The dough is rolled out between sheets of wax paper, so it won't stick to your counter or tear as you're rolling. And it's easy to transfer to the pie pan.

another tablespoon of water and knead again. Turn the dough out onto a lightly floured surface and knead a few more times, until it just holds together. Form into a ball, then pat into a disk. Wrap in plastic and refrigerate for at least 1 hour and up to 2 days.

2. Preheat oven to 400°F. Coat a 9-inch pie pan with cooking spray.

3. Let the dough stand at room temperature for 5 minutes. Roll out between sheets of parchment or wax paper into about a 14-inch circle. Peel off the top sheet and invert the dough into the prepared pie pan. Peel off the remaining paper. Trim the dough so it overhangs evenly by about 1 inch. Fold the edges under to make a plump edge; flute or crimp the edge with your fingers or a fork. Line the dough with a piece of parchment paper or foil large enough to lift out easily; fill with pie weights or dried beans. Bake for 7 minutes. Remove the foil or paper and weights and continue baking just until lightly browned, 3 to 5 minutes more. (The crust will not be fully baked.) Let cool on a wire rack.

4. Reduce oven temperature to 350°.

5. To prepare pears: Peel pears, halve lengthwise and remove stems. Core with a melon baller or small spoon. Melt 1 tablespoon butter in a large heavy skillet over medium heat. Stir in brown sugar, water, ½ teaspoon cinnamon and pinch of salt. When the sugar is melted and bubbling, add pears, rounded-side down. Cook, gently swirling the pan from time to time to help the sugar cook evenly, until the pears just start to color on the bottom, about 5 minutes. Gently turn the pears over, reduce the heat to medium-low and continue cooking and swirling the pan frequently until the pears are tender when pierced with a knife and the sauce is thickened and looks like caramel, 3 to 10 minutes more (depending on your stove). Remove from the heat. Gently transfer the pears to the pie crust, arranging them cut-side down with the stem ends pointing toward the center. (The pears will be very snug in the pan; if they are too wide at the base for all 8 to fit, trim a little off the sides of a few pears.) Set the pan with the caramel sauce aside.

6. To prepare filling: Whisk granulated sugar, cornstarch and ¼ teaspoon cinnamon in a medium bowl until well combined. Add ¾ cup evaporated milk, eggs, vanilla and pinch of salt; whisk to combine. Pour the custard over the pears (they will not be completely submerged).

7. Bake the pie until the center is just set, 35 to 40 minutes. Transfer to a wire rack while you prepare the caramel topping.

8. Add 2 tablespoons of the remaining evaporated milk to the pan with the caramel sauce. (Refrigerate the rest of the milk for another use.) Bring to a boil over medium heat and boil, stirring, until thickened and reduced slightly, 1 minute. Spoon the caramel sauce over the warm custard, leaving the pears uncovered. Gently tilt the pie as you drizzle, if necessary, to help cover the top. Let stand about 30 minutes before serving. Serve warm. (*Alternatively, rather than drizzling the whole pie, serve each slice with a drizzle of the caramel sauce.*)

Per serving: 350 calories; 13 g fat (4 g sat, 5 g mono); 68 mg cholesterol; 53 g carbohydrate; 20 g added sugars; 8 g protein; 5 g fiber; 179 mg sodium; 285 mg potassium. **Nutrition bonus:** Iron (20% daily value).

"I NEED A GREAT STARTER — AND I NEED IT NOW."

OWN A **VITAMIX?**

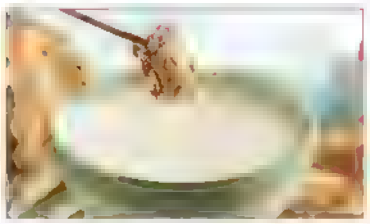
THAT'S NOT GOOD.

CHEESE 'N' CRACKERS MEDLEY

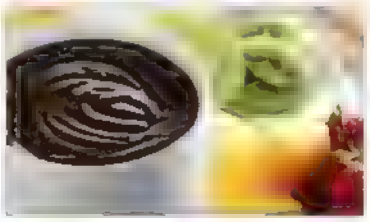
PERFECT!

WHAT DO YOU FEEL LIKE?

YUMMY FONDUE?



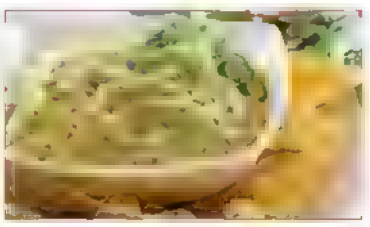
Traditional Cheese Fondue



Chocolate Orange Fondue

Spinach and Artichoke Fondue

FRESH SALSA?



Salsa Verde

California Salsa

Pineapple Salsa

TASTY DIP?

Red Pepper Hummus

Guacamole

Horseradish Cheese Dip

When you have a Vitamix® machine on your countertop, you've got more than just a machine in the kitchen. You've got endless possibilities that can be made in [illegible] for a Vitamix at **vitamix.com** or call **1-800-848-2649** for more information.

Vitamix.

© 2012 Vita-Mix Corporation

Over 1,200 reasons why Cabot makes the world's best cheddar.

DOUGLAS FAMILY - ILION, NEW YORK
One of the 1,200 farm families who own Cabot Creamery Cooperative

OWNED BY OUR FARM FAMILIES IN NEW YORK & NEW ENGLAND
CABOT™

Cabot Creamery is fully owned and operated by 1,200 farm families in New England and New York. And because our farmers get 100% of the profits, you bet they make sure you get the best all-natural dairy foods. Try it for yourself and taste the commitment to quality in every bite of the World's Best Cheddar from Cabot.

APPLE, CHEDDAR & WALNUT TOASTS

Makes 24

Ingredients

- 24 thin slices narrow loaf French Bread
- 2 tart apples, cored and thinly sliced
- 8 ounces Cabot Vermont Sharp Cheddar or Sharp Light Cheddar, grated (about 2 cups)*
- 1 cup walnut pieces

1. Preheat broiler. Arrange bread on baking sheet and toast lightly on both sides under broiler.
2. Remove from broiler and place about two apple slices on each toast. Mound cheese on top. Press walnut pieces into cheese. Return to broiler until cheese and walnuts are lightly colored.

For instant drama, sandwich fresh bay or sage leaves between two identical clear glass plates, available inexpensively from a home store. Set the toasts on top, and add votive candles set into cored red and green apples to the table.

*Nutrition analysis based on using Cabot Sharp Cheddar.

NUTRITION ANALYSIS: Calories 148, Total Fat 7g, Saturated Fat 3g, Cholesterol 10mg, Sodium 200mg, Carbohydrates 16g, Dietary Fiber 1g, Protein 5g, Calcium 100mg

FOR MORE RECIPES, VISIT: cabotcheese.coop

test kitchen

tips · techniques · tools

Grab a skillet for great-tasting steak at home—easy enough for a weeknight and good for guests too. Turn the page to start "Steak School." You'll learn how to choose the right portion and get the best sear, plus our favorite trick to tell when steak is done. With these tips and only a few staples, you can sit down to juicy pan-seared steak with a mouthwatering sauce (like this mushroom sauce) in about 30 minutes.

Photography by Peter Arnito

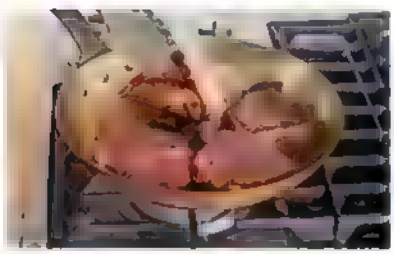
Steak School

Make restaurant-worthy steaks at home in minutes, for a fraction of the cost

Even before I went to culinary school, I knew how to whip up a silky, rich pan sauce thanks to my father—a self-proclaimed meat master and *saucier* rolled into one. The secrets to his fast and flawless steak dinners were simple: get the pan nice and hot, add the steak, don't fiddle with it, flip it only once and use the "browned bits" on the bottom of the pan (called the *fond*) as the base for a quick pan sauce. It's a good skill to have when a steak dinner at a restaurant can cost upwards of $20 a plate.

Dad's version did have its flaws—a tablespoon (or three) of butter in the pan for searing, and some more in the sauce to make it "extra special." I love you, Dad, but here's where my culinary training and experience in the *EatingWell* Test Kitchen pay off: I've learned that it's the technique and a few flavor-packed ingredients, not the butter, that make pan-seared steaks so mouthwatering.

With that in mind, for these recipes we opted for heart-healthy olive oil instead of butter for searing. We also dialed down the heat in the pan to preserve the *fond*. After all, those lovely caramelized bits on the bottom of the pan are your secret weapon for an amazing sauce, like the rich and savory Mustard Mushroom Sauce, piquant Caramelized Onion & Blue Cheese or silky, sweet Pan-Roasted Grape & Port Sauce (*see page 92*). They're all brimming with ingredients that pack a punch without adding too much fat or calories. Once you've mastered this easy technique, you can indulge in a restaurant-worthy steak dinner with one of these fabulous sauces (for less than $3.50 a serving!) without even leaving your kitchen.
—Hilary Meyer



Lesson 1:
The Tips

Size It Up: For a healthy portion of strip steak (3 ounces, cooked, per person), look for steaks about 1 inch thick, 8 to 10 ounces each. Then cut each in half to serve two. If your store stocks thicker steaks, ask the butcher to cut thinner ones for you.

Test the Heat: To get a good sear on your steaks, preheat the skillet. Test that it's hot enough by adding a few drops of water to the pan—you should hear a strong "hiss" and the water should sputter on contact.

Flip Smart: You'll know your steak is perfectly seared on the first side when it's easy to flip—if it sticks when you try to turn it, wait another minute or two and try again. It might take a minute longer on the first side than on the second.

Lesson 2:
The Recipe

Seared Steak

how how

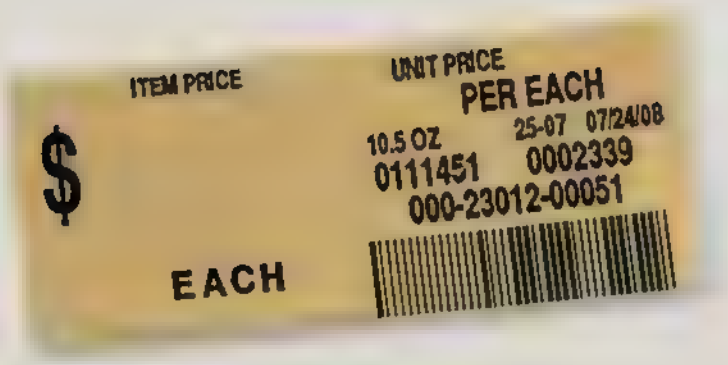
Makes: 4 servings, about 3 ounces each
Active time: 20 minutes **Total:** 20 minutes
Cost per serving: under $3

You can sear steaks in a pan faster than you can preheat a grill. If you want to make a pan sauce (*see "Secret Sauces," page 92, for three different sauces to try*) for your steak, have the ingredients prepped and near the stove before you start cooking.

- **1-1¼ pounds boneless strip steak (about 1 inch thick), trimmed**
- **¼ teaspoon kosher salt**
- **¼ teaspoon freshly ground pepper**
- **1 tablespoon extra-virgin olive oil**
- **Pan Sauce (*see page 92*)**

Pat steak dry and cut into 4 equal portions. Sprinkle with salt and pepper. Heat oil in a large skillet over medium-high heat. Add the steaks and cook until browned on the bottom, 2 to 4 minutes. Turn over, reduce heat to medium-low and cook to desired doneness, 3 to 5 minutes for medium-rare (*see "Is It Done?" page 92*). If making Pan Sauce, set the steaks as done on a clean plate, and leave the pan on the stove. Proceed with the sauce recipe.
Per serving (without sauce): 174 calories; 9 g fat (3 g sat, 5 g mono), 61 mg cholesterol; 0 g carbohydrate; 0 g added sugars; 22 g protein; 0 g fiber; 116 mg sodium; 281 mg potassium. **Nutrition bonus:** Zinc (27% daily value).

Food stylist: Katie Webster. Assistant: Ellen Falegra. Prop stylist: Tania Kratt. Gas Downdraft Cooktop: Jenn-Air jennair.com



Brown tag it.

Brown shelf tags tell you that an item is organic, made with organic ingredients, or all-natural.

USDA ORGANIC means it's certified by the USDA and made with 95% or more organic ingredients.

MADE WITH ORGANIC INGREDIENTS means it's made with at least 70% organic ingredients.

Grab one of the information guides in the store explaining our shelf-tag program in detail.

Publix.

WHERE SHOPPING IS A PLEASURE®

Lesson 3:

Secret Sauces

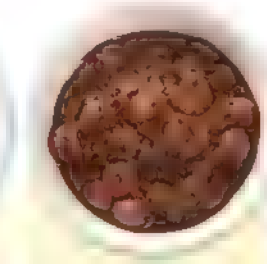
Make seared steak special enough for entertaining with one of these easy pan sauces

Mustard-Mushroom Sauce

After you sear the steaks and set them aside (see page 90), heat 1 tablespoon **extra-virgin olive oil** in the skillet over medium-high heat. Add 4 ounces sliced **mushrooms** and ½ cup finely chopped **onion**; cook, stirring, until the mushrooms release their liquid, about 5 minutes. Sprinkle with 2 teaspoons **all-purpose flour**; stir to coat. Add ¾ cup **reduced-sodium beef broth** and ¼ cup **dry white wine** and cook, stirring, until the sauce is thick enough to coat the back of a spoon, 2 to 4 minutes. Remove from the heat. Stir in 1 tablespoon **Dijon mustard**. *Makes about 1 cup.* **Per ¼-cup serving:** 65 calories; 4 g fat (1 g sat, 3 g mono); 1 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 2 g protein; 1 g fiber; 134 mg sodium; 155 mg potassium.

Caramelized Onion & Blue Cheese Sauce

After you sear the steaks and set them aside (see page 90), heat 1 tablespoon **extra-virgin olive oil** in the skillet over medium heat. Stir in 2 cups thinly sliced **onion**, 2 tablespoons **water** and 1 teaspoon **brown sugar**. Cover and cook, stirring occasionally, until the onions are golden brown and the liquid has evaporated, 8 to 10 minutes. (Add more water a tablespoon at a time if the onions are browning too quickly.) Remove from the heat. Stir in ¼ cup crumbled **blue cheese** and ¼ teaspoon **kosher salt**. *Makes about ½ cup.* **Per 2-tablespoon serving:** 89 calories; 6 g fat (2 g sat, 3 g mono); 6 mg cholesterol; 7 g carbohydrate; 1 g added sugars; 2 g protein; 1 g fiber; 191 mg sodium; 107 mg potassium.



Pan-Roasted Grape & Port Sauce

After you sear the steaks and set them aside (see page 90), heat 1 teaspoon **extra-virgin olive oil** in the skillet over medium-low heat. Add 1 cup **seedless red grapes** and cook, stirring and pressing on the grapes, until they're mostly broken down, 4 to 6 minutes. Add ¼ cup diced **shallot** and cook, stirring, until fragrant, about 1 minute. Sprinkle with 1½ teaspoons **all-purpose flour**; stir to coat. Add ¼ cup each **port** and **reduced-sodium beef broth**, 1 teaspoon chopped **fresh thyme** and ¼ teaspoon **kosher salt**. Increase heat to medium-high, cook, stirring, until thickened, 2 to 3 minutes. *Makes about ¾ cup.* **Per 3-tablespoon serving:** 72 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 101 mg sodium; 129 mg potassium.

Final Exam:

Is It Done?

To test the doneness of your steak, insert an instant-read thermometer into the center of the steak from the side. A medium-rare steak registers 130°-135°F, medium: 140°-145°; well done: 160°.

Or use the method often used in restaurants: "The finger test." Because steaks cook so quickly, it's faster to test doneness by feel rather than by temperature. To test doneness by feel, compare the firmness of the outside of the steak to the fleshy part of your palm (just below your thumb).

1. Hold your left hand open, ***palm facing up.*** Use the index finger of your right hand to press into the fleshy part of the left palm just below thumb. It should feel soft—just as uncooked steak feels when you press it with your index finger.

2. Now bring your left thumb and ***index finger*** together and press the fleshy area on the palm again. It feels a bit more firm: that texture mimics that of rare steak.

3. Bring your thumb and ***middle finger*** together and press the same spot: that's what medium-rare steak feels like.

4. Bring your thumb and ***ring finger*** together, touch the spot again. Even more firm: medium-well steak.

5. With your thumb and ***pinky finger*** together the spot feels the most firm and mimics the texture of well-done steak.

Garlic-Lover's Steak Sauce
Find our recipe for Seared Steak with Roasted Garlic Aioli at eatingwell.com/go/garlicsauce

(Requester Publications Only) 1. Publication Title: EatingWell 2. Publication Number 02 -498 3. Filing Date: 10/1/12 4. Issue Frequency: Bimonthly. 5. Number of Issues Published Annually: 6. 6. Annual Subscription Price: $24.95 7. Complete Mailing Address of Known Office of Publication: 1716 Locust Street, Des Moines, Polk County, Iowa 50309-3023. 8. Complete Mailing Address of Headquarters or General Office of Publisher 1716 Locust Street, Des Moines, Iowa 50309-3023 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor Publisher: Tony Catalano 805 Third Ave., New York, NY 10022; Editor: Lisa Gosselin 6221 Shelburne Rd. Suite 100, Shelburne, VT 05482; Managing Editor: Wendy Ruopp, 6221 Shelburne Rd. Suite 100, Shelburne, VT 05482 10. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. The names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock: Bank of New York Mellon (The) (0901), Attn: Jennifer May, 525 William Penn Place, Suite 153-0400, Pittsburgh, PA 15259; Bank of New York (The)/Mellon Trust (0954), Attn: Jennifer May, 525 William Penn Place, Suite 3418, Pittsburgh PA 15259; Bank of New York Mellon (The) – Mid Cap SPDR (2209), Attn: Jennifer May, 525 William Penn Place, Suite 153-0400, Pittsburgh, PA 15259; Brown Brothers Harriman & Co. (0010), Attn: Dorota Maklewicz, 525 Washington Blvd, New Port Tower, Jersey City NJ, 07310; Charles Schwab & Co., Inc. (0164), Attn: Mina O'Sullivan, 2423 E. Lincoln Drive, Phoenix, AZ 85016-1215; Citigroup Global Markets, Inc. (0418), Attn: John Barry, 700 Red Brook Blvd., Suite 300, Owings Mills, MD 21117; Comerica Bank (2108), Attn: Mary Ann Kadera, 411 West Lafayette, Detroit, MI 48275; First Clearing LLC (0141), Attn: Kristie Daniel, One North Jefferson St., St. Louis, MO 63103; JPMorgan Chase Bank/IA (2357), Attn: Philip Roy, Vice President, 14201 Dallas Parkway, Floor 12, Dallas, TX 75254; JP Morgan Chase Bank, National Association (0902), Attn: Philip Roy Vice President, 14201 Dallas Parkway Floor 12, Dallas, TX 75254; JP Morgan Clearing Corp. (0352), Attn: Eric Oszustowicz, 3 Chase Metrotech Center, Proxy Dept./NY1-H034, Brooklyn, NY 11245-0001; National Financial Services, LLC (0226), Attn: Lou Trezza, 200 Liberty Street, New York, NY 10281; Northern Trust Company (The) (2669), 801 S Canal Street, Attn: Capital Structures-C1N, Chicago IL 60607; State Street Bank and Trust Company (0997), Attn: Karen Johndrow, 1776 Heritage Dr., North Quincy, MA 02171; U.S. Bank, N.A. (2803), Attn: Securities Control, 1555 N. Rivercenter Dr., Ste 302, Milwaukee WI 53212. Through some of the nominees listed above, the E. T. Meredith and Bohen families and family foundations own, directly or beneficially approximately 16% of the issued and outstanding stock of the corporation. Each nominee listed above holds stock for one or more stockholders. 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: None. 12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates.) (Check one): The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes: _ Has Not Changed During Preceding 12 Months _ Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement) Not applicable.
13. Publication Title: EatingWell
14. Issue Date for Circulation Data Below: September/October 2012
15. Extent and Nature of Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run):	661,491	759,577
b. Legitimate Paid and/or Requested Distribution (By Mail and Outside the Mail).		
(1) Outside County Paid/Requested Mail Subscriptions stated on PS Form 3541. (Include direct written request from recipient, telemarketing and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies.):	419,175	544,947
(2) In-County Paid/Requested Mail Subscriptions stated on PS Form 3541. (Include direct written request from recipient, telemarketing and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies.):	0	0
(3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid or Requested Distribution Outside USPS®:	69,059	65,372
(4) Requested Copies Distributed by Other Mail Classes Through the USPS (e.g. First-Class Mail®):	0	0
c. Total Paid and/or Requested Circulation (Sum of 15b (1), (2), (3), and (4)):	488,234	609,419
d. Nonrequested Distribution (By Mail and Outside the Mail)		
(1) Outside County Nonrequested Copies Stated on PS Form 3541 (Include Sample copies, Requests Over 3 years old, Requests Induced by a Premium, Bulk Sales and Requests including Association Requests, Names obtained from Business Directories, Lists, and other sources):	57,493	32,343
(2) In-County Nonrequested Copies Stated on PS Form 3541 (Include Sample copies, Requests Over 3 years old, Requests Induced by a Premium, Bulk Sales and Requests including Association Requests, Names obtained from Business Directories, Lists, and other sources):	0	0
(3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail (e.g. First-Class Mail, Nonrequestor Copies mailed in excess of 10% Limit mailed at Standard Mail® or Package Services Rates):	0	0
(4) Nonrequested Copies Distributed Outside the Mail (Include Pickup Stands, Trade Shows, Showrooms and Other Sources):	6,362	3,978
e. Total Nonrequested Distribution (Sum of 15d (1), (2), and (3)):	63,855	36,321
f. Total Distribution (Sum of 15c and e):	552,089	645,740
g. Copies not Distributed (See Instructions to Publishers #4, (page #3)):	109,402	113,837
h. Total (Sum of 15f and g):	661,491	759,577
i. Percent Paid and/or Requested Circulation (15c divided by f times 100):	88.43%	94.36%

16. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the November/December 2012 issue of this publication.
17. Signature and Title of Editor, Publisher, Business Manager, or Owner: Christy Light, Business Manager. Date: 9/15/12. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

EatingWell
READER
Round
TABLE

JOIN THE EATINGWELL READER ROUNDTABLE
and have your voice heard

REMARK
on relevant food and health trends

SAMPLE
new products and recipes

RECEIVE
exclusive invites and gifts

SHARE
your opinions with editors and fellow food enthusiasts

JOIN US AT THE Table
EatingWell.com/ReaderRoundtable

ThePantry

CustomInk
Design T-shirts Online
Your Design Here!
FREE
Create Amazing Shirts!
Make custom shirts for your group with our fun & easy Design Lab. Always FREE shipping and FREE design help.
SAVE $10 ON YOUR ORDER OF 6 OR MORE SHIRTS
Use Voucher Code: eatwell Offer expires 12/28/12
customink.com/eatwell 855-644-4328

PASTA PERFECT
Award Winning
All Natural
Gluten Free
DAVE'S GOURMET
Butternut Squash
PASTA SAUCE

Canadian School of Natural Nutrition
DISTANCE EDUCATION
Natural Nutrition Diploma Program
RNN Designation
NANP Approved
1 800-328 0743
DISTANCE EDUCATION

Free Cookbook
www.vitaclaychef.com
Weight Watchers
All Natural Unglazed
Pure Clay Cooking Surface
Good Housekeeping Magazine
Coupon code: EW20 save 20%
sales inquiries
(877) 877-9121

"One Click"
BUTTER CUTTER
A Great Idea! A Great Gift!
buttercutter.com

FORGET WALLPAPER
Precision tool prints beautiful multi-color "wallpaper" directly on walls
It's fun and easy
www.ROLLERWALL.com

KINEKT GEAR RING™
moving gears you can wear
888-600-8494
watch our video at
www.kinektdesign.com

test kitchen tips & notes

Make your own fresh breadcrumbs (page 75): Trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make coarse **dry breadcrumbs (pages 40, 64)**, spread crumbs on a baking sheet and bake at 250°F until dry, 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or about ⅓ cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.

Melt chocolate (page 61) in a small bowl in the microwave on Medium (50%) for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.

Seed a pomegranate (page 64): Fill a large bowl with water. Lightly score the fruit into quarters from crown to stem end, cutting just through the skin. Hold the fruit under water, break it apart and use your hands to gently separate the plump seeds from the skin and white pith. Discard the white pith. Pour the seeds into a colander. Rinse and pat dry.

Look for shrimp (page 31), fresh or frozen, that has been raised or caught with sound environmental practices and is certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

Sterilize glass canning jars (page 16): Wash the jars and lids with hot soapy water. Rinse well with hot water. Fill a large, deep pot (such as a water-bath canner) about half full with water. Place the jars upright in the pot, add water to cover by 2 inches. Bring the water to a boil; boil jars for 10 minutes. Add the lids to the pot, then remove the pot from the heat. Leave the jars and lids in the hot water until ready to use.

Bake with white whole-wheat flour (pages 56, 67), made from a special variety of white wheat, and **whole-wheat pastry flour (page 67)**, milled from soft wheat and containing less gluten. Both provide the nutritional benefits of whole grains. Find them in large supermarkets, natural-foods stores and online at *bobsredmill.com* and *kingarthurflour.com*. Store in the freezer.

Special Thanks: Anjou & the Little Pear, *anjouvt.com (pages 52-68)*; Champlain Valley Antique Center, *vermontantiquecenter.com*; Dates Are Great, *datesare great.com;* Date Research Institute, *dateresearchinstitute.com;* Kristen Drinkhall; Ocean Spray, *oceanspray.com*; Refresh, *refreshcollections.com (page 53);* Shelburne Museum, *shelburnemuseum.org (pages 52-61);* Stowe Kitchen Bath & Linens, *stowekitchen.net*; Vermont Cranberry Co., *vermontcranberry.com*

EATINGWELL® (ISSN 1046-639), December 2012, Volume XI, No. 6, is published bimonthly in February, April, June, August, October and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA and additional mailing offices. Subscription prices: $21.98 per year in the U.S. and possessions; U.S. dollars in Canada, $34.98; U.S. dollars overseas. POSTMASTER: Send address changes to EATINGWELL, PO. BOX 37629, BOONE, IA 50037-0629. Canada Post: PUBLICATIONS MAIL SALES PRODUCT AGREEMENT NO. 40010760. RETURN UNDELIVERABLE CANADIAN ADDRESSES TO: EATINGWELL, PO. BOX 875, STN. MAIN, WINDSOR, ON N9A 7C7.
© Meredith Corporation 2012. All rights reserved. **Printed in the U.S.A.**

EatingWell is printed in the USA with an EPA partner through the Climate Leaders, Energy Star and SmartWay™ Transport Programs. The ink contains 27.8% renewable resources and the paper supports certified, well-managed forestry.

Photography by Karr Burris (top)

NATURAL GOURMET INSTITUTE
FOR HEALTH & CULINARY ARTS

MORE THAN A COOKING SCHOOL
IT'S A WAY OF LIFE

Join Our Unique Chef's Training Program

The leader in health supportive (mostly vegetarian) cooking and theory. We offer a range of programs for a career in the natural foods industry or simply enriching your lifestyle.

- Lifetime Placement Assistance
- Student Loan available if qualified
- Accredited by ACCET

Call for a brochure about our full & part-time programs today. 212-627-COOK (2665)

NaturalGourmetInstitute.com
48 West 21st St., 2nd Floor, NY, NY 10010

Recreational Classes through Natural Gourmet Institute for Food & Health

Keel Billed Toucans are very social creatures

Costa Rica
10 DAYS $1095 + tax, fees
Rainforests, Beaches, Volcanoes
Guided Vacations for 60 Years!
Caravan.com

ORGANIC IN THE VINEYARD
ORGANIC IN THE CELLAR

No Sulfites Added Wine
From America's First Organic Winery
Always Family Owned & Operated
Frey Vineyards Since 1980
FreyWine.com/near-you
info@freywine.com
800-760-3739

T-shirt Quilts
We make your T-shirts into a quilt.

As Seen On:
Today Show
Real Simple
Rachael Ray
ESPN

- 100% Quilted
- Outstanding Quality
- Made from your T-shirts
- Great Prices!

800-880-8534 Campus Quilt Co.
www.CampusQuilt.com
Call today for $10 off!

Slipcovers Custom & Ready Made

Sofa & Chairs
Day Beds
Ottomans
Cushions
Dining Chair

Made to your size in just 7 days!

Easy Ordering & Price Quotes online!
Use promo code SLC10 and save 10%
Free fabric samples! Call 888-405-4758
www.SlipcoverShop.com

Shelves That Slide

- Custom Made for Your Cabinets
- Kitchens • Pantry • Bathrooms
- Limited Lifetime Warranty
- Baltic Birch Construction
- 100 Pound Capacity

1-800-598-7390
www.shelvesthatslide.com
Order On-Line

Solid Copper Heat Diffusers & Defroster Plates

Even Heating - No Hot Spots

Fantasic as a Defroster Plate!

They Really Work because - Copper conducts heat better

www.BellaCopper.com • (805) 218-3241

Spices for Health
Because Natural Is Better!

Wholesale Herbs, Spices, Teas, Tinctures, Oils and Extracts since 1969

San Francisco Herb & Natural Food Co.®
47444 Kato Road Fremont, CA 94538 800-227-2830
www.herbspicetea.com *free catalog

ZOOMEE
SALT & PEPPERS

Just landed on your gift list • 24k Gold Plate and Chrome Accents • Handbrushed Stainless Superstructure

Shop...
www.THEwalletpen.com

Easy-to-apply vinyl rub-on transfers for walls and mirrors! Trees, vines, words and animals. Preview your phrase, check the lengths, colors & fonts before buying at wallwords.com
25% Discount online, enter 11166, FREE Catalog 888 422-6685

ALERT!

A thief can steal your smart card information without seeing or touching it.

Criminals keep up with technology, too. They have digital skimmers that can remotely access the encrypted data on your smart credit card or debit card — from up to 30 feet away. Stop them in their tracks with the Rogue RFIDShield™ card sleeve.

Block digital identity theft with the Rogue RFID-Shield™ card sleeve. Find out more and buy a set of three for only $9.96.

800-786-1768 • www.roguewallet.com

Revolutionary Dragon Fruit Anti-Aging Creme. Amazing combination of ingredients that help slow down, reverse & prevent aging. Firms, tightens, & tones while protecting your skin from the sun's damaging rays. Receive 10% off your order by using code EW2012. (One free sample per customer).

Real Purity
1-800-253-1694
www.realpurity.com

Custom Bracelets by Lisa

Sterling Silver & Gold
Mother's Name Bracelets,
Birthstone Bracelets &
Grandmother's Bracelets
Children's and Baby Bracelets too!
303-362-1441
www.custombraceletsbylisa.com

Natural Candy Store

The world's largest selection of all-natural, dye-free, organic, fair-trade, vegan, and allergy-friendly candies. Absolutely no artificial colors or flavors. Perfect for parties, pinatas, gifts, and everyday treats. All the FUN without the FUNNY stuff!™

www.NaturalCandyStore.com

In Memory's Kitchen

Part of the healing power of recipes is their familiar tastes

By Monica Bhide

My mother taught me how to sizzle cumin and how to pound chutneys with a mortar and pestle. Born and raised in India, she trained me to prepare complex curries scented with cardamom and cinnamon, textured with tomatoes and coriander and bribed with touches of saffron.

But learning to cook from her was a challenge like learning how to fly with your eyes closed. For she never measured anything, but cooked totally by instinct, a style of *andaaza* cooking where everything is added in pinches, guesses and with a natural sense of an ingredient's role in a dish.

She would stick spices under my nose to teach their scents. For years, she chopped the okra until I learned to cut it evenly (to ensure proper cooking time). She taught me to be precise and neat when cleaning fish (so that the scales wouldn't be found three days later under the sink). She cleaned as she went and my husband, to this day, thanks her for teaching me to do that.

Her other love was eating and she wasn't one of those cooks who shied away from nibbling. Oh, on the contrary, we would cook up a storm and then gobble it down like it was going out of style. We would devour bowls of luscious meat curries and naans lacquered with layers of butter. We would chug glasses of cold soda (her favorite drink) as we plated deconstructed samosas stuffed with shrimps and drizzled with her signature cilantro chutney. Even after I moved to Washington, D.C., and she was back in New Delhi, we were always on the phone discussing the day's meals and outcomes.

But now, she barely touches food.

She has been chronically ill for a decade and fought it all until the medication took its toll. My once vibrant and cheerful mother turned into a skeleton with sunken, listless eyes. And she stopped eating.

I would call her and from 4,000 miles away do everything from threaten to beg to cajole to weep to try to get her to eat something. My father told me how worried he was. My sister had already flown back to India from Phoenix. I decided I needed to be with her. I must have cried all the way to New Delhi. Despite assurances from my father, I was worried.

As soon as I arrived, my sister and I went to the market and shopped for all the new foods that we could find. We thought, perhaps, that what works with our kids would work with our mother: new and shiny treats. Our days consisted of: *Here is a kiwi. Try this red pear. Here is a new drink.* Nothing enticed her. In fact, the revolt got stronger and she began to deteriorate. My father was the only one who was a bit successful and would make her freshly squeezed juices and bring her the steamed rice cakes that she loved.

My sister and I felt defeated. We stood in the kitchen wondering what to do, as I made simple potatoes sizzled with cumin. We could not come up with any ideas.

We placed the potatoes on the dining table, along with some Indian breads, and called out to our mother to come to lunch.

She came and sat at the table and I stood by her side, ready to remove the plate when she stated, in her usual way, "Take this away." But she did not say anything. Instead, she sat there, quietly, staring at the plate of potatoes flanked by a large butter roti.

Then, in almost a whisper, she said, "Do you remember when I first taught you to make these? You would cut the potatoes in all different sizes and they never cooked right! You used so much oil that you practically drowned the cumin." And then she picked up a small piece and put it in her mouth.

"This tastes so good, just like I remember," she said, and ate two more pieces. It was the first time in weeks she had eaten more than a bite of anything.

It was a small start, but a start.

I realized she was living in her memory's kitchen and that is what we needed to feed her: foods that brought back memories of a kinder and happier time in her life. And hope that those memories would make her want to eat again, one bite at a time.

Monica Bhide's most recent cookbook is Modern Spice: Inspired Indian Flavors for the Contemporary Kitchen.

Illustration by: Lorraine Tuson

OVER 150 YEARS OF EXPERTISE, NOW AVAILABLE IN 59 SECONDS.

The smooth, rich taste and gourmet flavor of Eight O'Clock® Coffee is available in ground, whole bean and now Keurig® K-Cup® packs.

© 2012 Eight O'Clock Coffee.
Keurig, the Cup and Star design, Keurig Brewed, and K-Cup are trademarks of Keurig, Incorporated, used with permission. K-Cup® packs for Keurig® K-Cup® brewing systems.